

# STRESS RELIEF GROUP

WAKE TECH  
WELLNESS

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A VIRTUAL GROUP CLASS  
STARTING SEPTEMBER 2, 2025

## *Stress getting in your way?*

Come find some relief with a weekly group session held online, led by wellness counselor Elisa Skidmore

### **WHAT YOU WILL LEARN:**

- How stress impacts your body
- All about mindfulness
- Managing emotions
- Boundaries
- Self-care



## TUESDAYS AT 2:00 PM

SCAN QR CODE TO REGISTER AND RECEIVE A LINK



FALL 2025

Email questions to Elisa

ekskidmore@waketech.edu