

Women's Center

Student Health Promotions

Office of Educational Accessibility



# ARE YOU WINNING YOUR RACE?

A SERIES ON ACHIEVING YOUR PERSONAL BEST

**Stress Management Workshop:**

**Strategies on staying calm and focused when under pressure to complete assignments and take tests.**

**Date: Tuesday April 1st      Time: 12:30-1:30**

**Location: Library Conference Room 1310/1311**

**Presenter: Mindy Schwartz Katz, M.S., A.C.C.  
ADHD/Life Coach**

**Questions: Susan Nixon/ Office of Educational Accessibility  
[scnixon@odu.edu](mailto:scnixon@odu.edu)    (757) 285-5775**

**Military Connection Center**

Counseling Services

Recreation and Wellness Center