

Managing Lifes Problems: HHP 107601

This two day class presents students with specific strategies to provide a more positive interaction when dealing with lifes problems. There are experiential topics of: Worry Stopper, Affirmations, Nutrition, Sleep positions & pain, Meditation, to name a few.

This is an interactive class so be prepared to share your thoughts and experiences with others.

Required reading are the handouts. After the class, a paper/e-mail about how you have implemented the topics most helpful to you will complete the class assignment.