



# Health & Wellness

Please join  
Dr. Nam Lee L.Ac.,Ph.D.

## Wellness in the Workplace

**Complimentary Lunch and Learn Workshop**

**“Natural Solutions for Stress Management”**

**on January 14, Wednesday at 12pm.**

Stress is the underlying cause of most illnesses. This lecture will educate the audience on the symptoms of stress, how stress affects the body's overall health, and what a person can do to relieve stress both at work and at home, so that they can feel better and enjoy life more.

**Please contact [Evy](mailto:Evy@pitzer.edu) at [Evinnie\\_Casanova@pitzer.edu](mailto:Evinnie_Casanova@pitzer.edu)  
to reserve your spot and a complimentary lunch!**

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