

## **Mental Health Monday at Clark College**

Even with the holidays behind us, stress can be a problem for many business owners and their employees, especially in a tough economic climate.

To help combat the negative effects of stress, Yael Schweitzer, a licensed clinical social worker, will kick off Clark College's Mental Health Monday 2010 speaker series on Jan. 11 at noon.

Schweitzer's topic will be a stress management process she developed called "Mindfulness Based Stress Reduction." Schweitzer received training in stress management at the Center for Mindfulness at the University of Massachusetts Medical School and the Mind/Body Medical Institute at Harvard University.

The speech will be held in Clark's Penguin Student Lounge, located in the colleges Penguin Union Building. The event is free and open to the public.

Clark College's main campus is located at 1933 Fort Vancouver Way, Vancouver. Maps and parking directions are available at [www.clark.edu/maps](http://www.clark.edu/maps).