



Yael Schweitzer will speak about managing stress on Jan. 11 at Clark College in Vancouver.

Clark College

Mental Health Mondays lecture series:

Yael Schweitzer, Jan. 11. Schweitzer will discuss "Managing Stress with Mindfulness."

All Mental Health Mondays are from noon to 1 p.m. in the Penguin Student Lounge, inside the college's Penguin Union Building. All events are free.

**1933 Fort Vancouver Way,
Vancouver; clark.edu.**