

# Speaker will talk about managing stress

In a struggling economy, many have had to deal with job loss and family crisis, which can lead to acute and chronic stress that impact a person's emotional and physical well-being.

With this in mind, managing stress



Yael Schweitzer

will be the topic discussed as part of the first installment of Clark College's "Mental Health Mondays" in 2010.

"Managing Stress with Mindfulness" will be presented Monday, from noon to 1 p.m., at the Clark College Penguin Student Lounge in the Penguin Union Building. The event is free and open to the public.

The guest speaker will be

Yael Schweitzer, a licensed clinical social worker and board certified dance and movement therapist. She received training through the University of Massachusetts Medical School and Harvard University.

Clark College is located at 1933 Fort Vancouver Way. For more information, visit [www.clark.edu](http://www.clark.edu).