



HEALTH & WELLNESS COMMITTEE PRESENTS:

"It is Well with my Soul"

Hurried Black Women Find Help in times of Trouble

This presentation will highlight research on working African American married mothers. Attendees will learn about the types of stress related to hurriedness and other cultural pressures.

Information about Seasonal Affective Disorder (SAD) will be incorporated into the discussion as well as stress management practices for hurried Black women.

*Presented by Dr. Regina Parnell,
Assistant Professor - Clinical, Occupational Therapy*



JAN. 27 NOON - 1PM

JOIN VIA ZOOM