If so, then attend Cleveland Clinic’s

Manage Your Time & Stress seminar

Friday, April 29th - 12:00pm to 1:00pm
Oberlin College - Room: Wilder 101

In addition to learning the benefits of relaxation practice, participants will gain an understanding of the correlation between managing our time and managing stress. Together we will explore the following questions: How do we spend our time? What activities bring me joy? Do I make time for myself and the important people in my life? Participants will learn techniques to increase energy, focus on important moments, and build more happiness into their lives.

Presented by Lauren Corsillo, M.A., PCC-S
Lauren Corsillo graduated from John Carroll University with a Master of Arts degree in Clinical/Community Counseling, and is a licensed Professional Clinical Counselor-Supervisor in the State of Ohio. Lauren is an Account Manager for Cleveland Clinic Lifestyle Employee Assistance Program (EAP), housed at Cleveland Clinic Wellness Institute in Lyndhurst, Ohio. Lauren provides wellness presentations, consultations, and counseling services to companies across the country.

Cleveland Clinic Lifestyle Employee Assistance Program (EAP)
At Lifestyle EAP we understand that everyone is affected by life-changing issues. As an employer-sponsored service, Lifestyle EAP provides confidential counseling and a broad range of services to help guide you and your family toward better health, wellness and life balance.

Reach out to our team anytime day or night, at 800-989-3277 or visit www.lifestyleeap.com