## Feeling overwhelmed, stressed, or anxious?



## AMBR presents: <u>Mental Health and Wellness</u> as part of Graduate Student Appreciation Week

Dr. Marion Zahn from UT Health and Kendra Lee-Martin from MD Anderson EAP will discuss common issues students face in graduate school and teach us some exercises to practice self-care.

Tuesday, April 5 4:00 - 5:00 pm CT



**Zoom ID:** 815 5341 4626

**Password:** 314511

