



What are *you* juggling? Do you want to learn how to manage your day to day stress and worries? Never fear, the Staff Development Team is here! (Because we all know that the struggle is real.)

Join us this summer for a training session and learn how to manage your day to day stress and find the balance.

Because while the struggle is real, it can be manageable.

The session will be offered on Thursday June 23rd from 9:00am – 12:00pm and again on Thursday July 14th from 9:00am -12:00pm.

You can sign up at <http://www.training.utsa.edu/>. Click on **Classroom Training>Enroll in Classroom Training>View Current Class Offerings**. Then search for **WK0920**.

Please email the Staff Development team at staffdevelopment@utsa.edu with questions or for more information.