

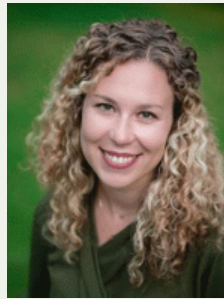
"Final Stretch"

CAPS-Led Workshops

Prepare for finals & help manage end-of-semester stress!
Led by Cornell Health counselors; FREE & open to all.



Jennie Bernstein



Katrina Bloomquist



Maurice Halton



Penny Krainin



Karen Williams



Travis Winter

"Let's Meditate" with Facilitated Discussion with Karen Williams, PhD
• Saturday, 4/27, 11:00–12:30 pm | Cornell Health (Rm. 127A)

Easing Your Stress Mindfully with Maurice Haltom, LCSW
• Monday, 4/29, 4:30–5:30 pm | Cornell Health (Rm. 616)
• Monday, 5/6, 4:30–5:30 pm | Cornell Health (Rm. 616)

Managing Test Anxiety with Katrina Blomquist, PhD
• Tuesday, 4/30, 5:00–6:00 pm | Tatkon Center (Large Classroom)
• Tuesday, 5/7, 5:00–6:00 pm | Rose House (Seminar Room)

Hack Your Life for Finals with Travis Winter, LCSW
• Thursday, 5/2, 3:30–4:30 pm | Tatkon Center (Large Classroom)
• Thursday, 5/9, 3:30–4:30 pm | Becker House (Seminar Room, Rm. G32)

Stress & Anxiety Management: Finals Edition with Jennie Bernstein, PhD
• Saturday, 5/4, 11:00 am – 12:30 pm | Keeton House (Seminar Room)

Cultivating Stress Reduction with Penny Krainin, PhD
• Saturday, 5/11, 11:00 am – 12:30 pm | Cook House (Seminar Room, Rm. 106)

See workshop descriptions & facilitator bios:

health.cornell.edu/workshops

