



2015 NATIONAL PUBLIC HEALTH WEEK EVENT

SPONSORED BY DEPARTMENT OF PUBLIC HEALTH & PREVENTIVE MEDICINE SUNY UPSTATE MEDICAL UNIVERSITY

Thursday, April 9

Noon - 1 PM

3509 Setnor Academic Building
Upstate Medical University

Integrative Therapy for Managing Stress

Hypnosis to Manage Stress

Joshua Kirnie

Alternative Hypnosis

During this session you will learn how you can use hypnosis to manage stress and bring perspective to your life.

All in attendance will benefit from a group-guided relaxation session.

UPSTATE
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Free & Open to the Public. Registration Not Required
For more of our public health week events visit www.upstate.edu/events
For more information contact Cindy Paikin: paikinc@upstate.edu