



# Let's Get Recharged!

## FACULTY WORKSHOP + CHALLENGE

**28 DAYS TO REDUCE STRESS,  
HAVE FUN, AND FEEL GREAT!**

with Dr. Katherine Eva Coder

**March 11, 10:30 a.m. to 12 p.m., on Zoom**

Are you feeling overwhelmed and burdened by stress? Join us to learn simple, easy, and fun activities to help you feel more grounded, energetic, and resilient. You will also have the opportunity after the workshop to join fellow faculty in a 28-day challenge!

**\*Recording Will Be Made Available\***



Center for the  
Advancement of Teaching