Clemson Libraries are excited to introduce a new speaker series! Our inaugural theme is stress management and healthy living. Dr. June J. Pilcher will present on stress and the effects of stress on overall health, well-being, and ability to function. Presenters from around campus will then give lightning talks about healthy living resources. We’ll also transform the Brown Room into a relaxation space, so be sure to come early or stick around after the talks for some yoga, coloring, or independent meditation.

**Featured Speaker**

**Dr. June J. Pilcher**
Alumni Distinguished Professor of Psychology and Faculty Scholar, Clemson University of Health Research

**Stress: The Good, The Bad, and The Resilient**

**Lightning Rounds**

- Health & wellness resources at the Sullivan Center with Karleisha Coleman Kakraba, CTRS and Jasmine Thomas, Health Educator
- Yoga as a stress reliever with Anita Nunnley, Assistant Director of Wellness & Leisure Skills
- Healthy Campus with Jennifer Goree, Director of Healthy Campus, Student Affairs
- Health science information sources with Chris Colthorpe, Nursing & Health Sciences Librarian
- Online resources & apps for meditation & wellness with Wesley Smith, Manager of the Adobe Digital Studio

**Friday, February 26**
1:00 - 3:00pm
Cooper Library Brown Room
Relaxation space open 10am - 5pm

Please visit clemson.libcal.com for more information and contact Jennifer Petersen at jfpeter@clemson.edu with any questions.