

Stress Less for Champions

Looking for ways to reduce workplace stress?

Lunch and Learns – Sample topics

- Stress Relief Presentation
- Yoga/Stretch session
- Employee Assistance Program (EAP) offers individual counseling and presentations. Call the EAP directly at 843-792-2848
 - Chronic Stress: The Impact on Physical and Emotional Health
 - Shifting Out of the Stress Drain: It's All about the Heart
 - Mindfulness for Stress Reduction
 - Dealing with the Holidays
 - Anxiety, ADHD and Work Performance
 - Cooperative Communication

10 minute tune up – Same as above, shortened to fit break schedules

Urban Farm team buildings – Email urbanfarm@musc.edu for more information

Department chair massages – arrange for department mini chair massages by getting in touch with these providers

Contacts

- **Charles Towne Chiropractic:** Dr. Mike Ferrentino
843-277-2750
miferrentino@gmail.com
- **Pro Active Health & Wellness, LLC:** Dr. Andrew Partridge
843-388-8813 716-481-2633 cell
drp@proactivecharleston.com
- **HealthSource of James Island:** Dr. Lee Russo
sublimespine@gmail.com
843-225-1236
- **MUSC Massage Therapy:** Allison Sims
c4tminfo@gmail.com
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MUSC Massage Therapy:

Offers discounted pricing for massages for MUSC employees.

<http://academicdepartments.musc.edu/hsc/membership/services/massage/newmassage.html>