

# Stressbusters™

We've got your back.



**The Stressbusters program** specially trains and dispatches volunteer teams of undergrad and grad students to provide free five-minute backrubs and wellness info to students and staff at campus events, residence halls, organization meetings, libraries, and wherever else the stressed are gathered.

## Get Involved with a Fun Group

- Learn effective backrub and other stress reduction techniques
- Meet and team with other students committed to helping people be healthier
- Participate when and where you want
- Get experience working on a high-profile health promotion initiative
- Make a huge difference in peoples' days
- Have a great time, make friends and relax

**APPLY ONLINE TODAY!\***

\* Early-bird applications due September 12th. Go to [www.arizonastressbusters.com](http://www.arizonastressbusters.com) for more details and a stress-free application. Training will be Wednesday, October 1st from 5:30-9pm. Space is limited.



## CONTACT INFO:

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Stressbusters is a program of UA Campus Health Service

[www.health.arizona.edu](http://www.health.arizona.edu)