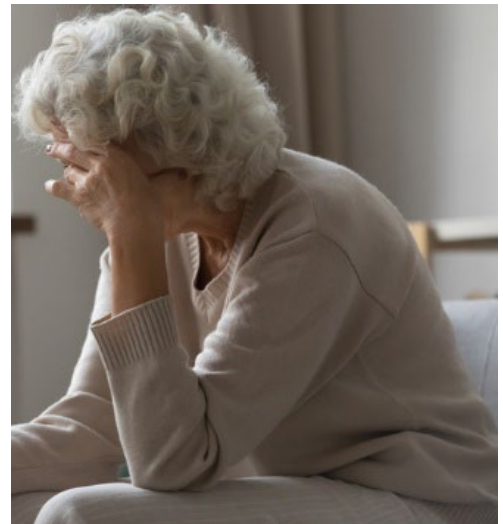


# Stress Management

**Tuesday, May 10, 2022**  
**11:00 AM – 12:00 PM**

NewYork-Presbyterian Hospital is pleased to collaborate with [NYC Department for the Aging](#) and [Good Neighbors of Park Slope](#) to offer this virtual presentation on Stress Management. Join Lauren Oberlin, PhD, Assistant Professor of Psychology at Weill Cornell Medicine and Attending Psychologist at NewYork-Presbyterian, for a discussion on how to handle stress and anxiety with practical tools that can be used in any situation. This talk is geared toward older adults.



Click [here](#) to register.

Phone Access: 1-212-225-8997

Meeting ID: 993 2315 3167

For more information about community programming, visit: [events.nyp.org/brooklyn](https://events.nyp.org/brooklyn).