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  
  mjferrentino@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
  803-840-3688

**MUSC Massage Therapy**:  
Offers discounted pricing for massages for MUSC employees.  
http://academicdepartments.musc.edu/hsc/membership/services/按摩/newmassage.html