## LOYOLA JESUIT WEBINAR SERIES

## Befriending Stress: Stress Management in the context of Covid-19

Rev Fr Francis P. Xavier SJ Rector, Loyola College

DATE: 30 JULY 2020 THURSDAY @ 6.00 PM

## Google Meet: meet.google.com/wuc-tcio-vay

## YouTube Link:

https://www.youtube.com /watch?v=KeK2OdshM84

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