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OFFICE OF PUBLIC RELATIONS

DIRECTOR: SARA FINN

NEWS AND PUBLICATIONS WRITER: BILL RITTER

TELEPHONE: 714-291-6480 / EXT. 4296

ADDRESS: RM. 266 DE SALES HALL, ALCALA PARK, SAN DIEGO, CA 92110

FOR IMMEDIATE RELEASE

COPING WITH MANAGERIAL STRESS EXAMINED AT USD UPDATE SEMINAR, NOV. 30

"Coping Effectively with Managerial Stress" will be the topic of the seventh University of San Diego UPDATE Breakfast Seminar, to be held on Friday, November 30, 7:30 a.m., in the Garden Room South at the Town and Country Hotel.

The series of eight UPDATE meetings, which runs through December 7, is designed to give San Diego business people an opportunity to interact with University of San Diego School of Business faculty.

Phillip Hunsaker, D.B.A. and Associate Professor of Management at USD, will lead the seminar, which will examine the necessity for understanding and dealing with stress sources and consequences, both within and outside the business organization.

Cost for the UPDATE seminar is \$15, and registration is available by calling the USD Office of Continuing Education at 293-4585.

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