**Nebraska Wesleyan University**

# HHP 2040 Stress and Disease Management

## Catalog

2014-2015

## Course Description

A course designed to develop and expand information about stress, mental health, and major chronic diseases. The course will present causes and warning signs of major chronic diseases and coping strategies for emotional stress.
(Normally offered each fall semester.)

## Course Hours

2 hours

## Departments

1. Health and Human Performance