

Please Join Us in Celebrating Good Health!

ANXIETY DURING UNPRECEDENTED TIMES

An Interactive Workshop

**November 17th
4:30p.m. – 5:30p.m. EST**

Learn about...

- Recognizing the symptoms of anxiety
- The effects of anxiety
- Different ways to address and manage anxiety

[CLICK HERE TO REGISTER](#)

To test the software prior to this webinar, go to: <https://zoom.us/test>



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