Learning to Live with Anxiety Series: Mind-Body Connection

June 13, 2024 10:00-11:30am MST

This series rotates through four (4) topics to help understand anxiety, and support skill building to cope. Join this session to explore the signs and symptoms of how anxiety feels in the body, review strategies and tools to decrease anxiety, practice two anxiety reducing skills.

**Please note that this session <u>will not</u> be recorded or uploaded to our website.



Learning Outcomes:

- Signs & symptoms of anxiety
- Strategies & tools to decrease anxiety
- Learn about two (2) anxiety reducing skills

Speakers:

Trina Napier, Addictions Counsellor, AHS

Laurie Hunter, Mental Health Promotion Facilitator, AHS





Target Audience: Adults living with anxiety or adults wanting to support someone living with anxiety

Please register for session at: https://fntn.ca/Home/Register-VC?eid=21283

To access this session from zoom:
https://fntn.zoom.us/s/834818
87121

Meeting ID: 834 8188 7121 Passcode: 657570

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To access this session from an audio line:
1-587-328-1099
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1. Please click the link below to join the webinar:

https://fntn.zoom.us/join

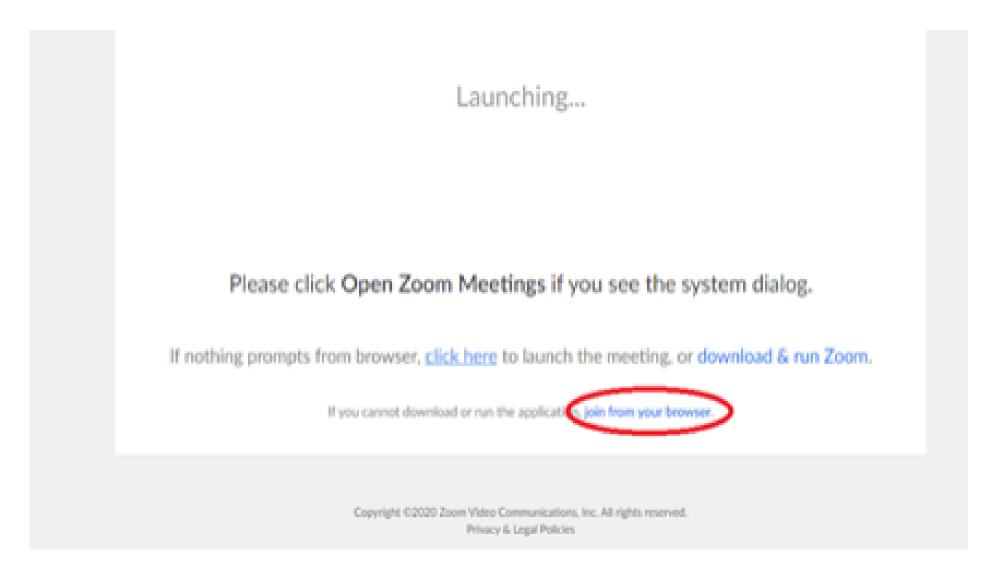
- 2. Enter Meeting ID: 834 8188 7121
- 3. Passcode: 657570
- 4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.



5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

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https://fntn.zoom.us/join

- 2. Enter Meeting ID: 834 8188 7121
- 3. Passcode: 657570
- 4. Choose "download and run Zoom"
- 5. An executable file will be download, please run the file
- 6. After the file has been installed, you will be ask to enter your "email" and your "name"
- 7. You will now join the webinar, by default all attendees of the webinar are muted.