

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 will not 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/Registrar-VC?eid=21283>

To access this session from zoom:
<https://fntn.zoom.us/j/83481887121>
Meeting ID: 834 8188 7121
Passcode: 657570

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To access this session from an *audio line*:
1-587-328-1099
Meeting ID: 834 8188 7121
Passcode: 657570



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4. Click the option "click here" (See image below)

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