

# Learning to Live with Anxiety Series: Mind-Body Connection

September 12, 2024

1:30-3:00pm MDT

This series rotates through five (5) 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:

Trevor Lusby, Mental Health Promotion Facilitator, AHS

Tammy O'Quinn, 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

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line:

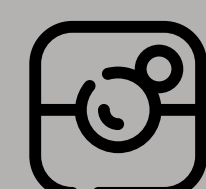
1-587-328-1099

Meeting ID: 834 8188 7121

Passcode: 657570



First Nations  
Telehealth Network  
[WWW.FNTN.CA](http://WWW.FNTN.CA)  
1.888.999.3356  
[VCHELP@FNTN.CA](mailto:VCHELP@FNTN.CA)



@FIRSTNATIONSTELEHEALTHNETWORK

## To join via internet browser

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

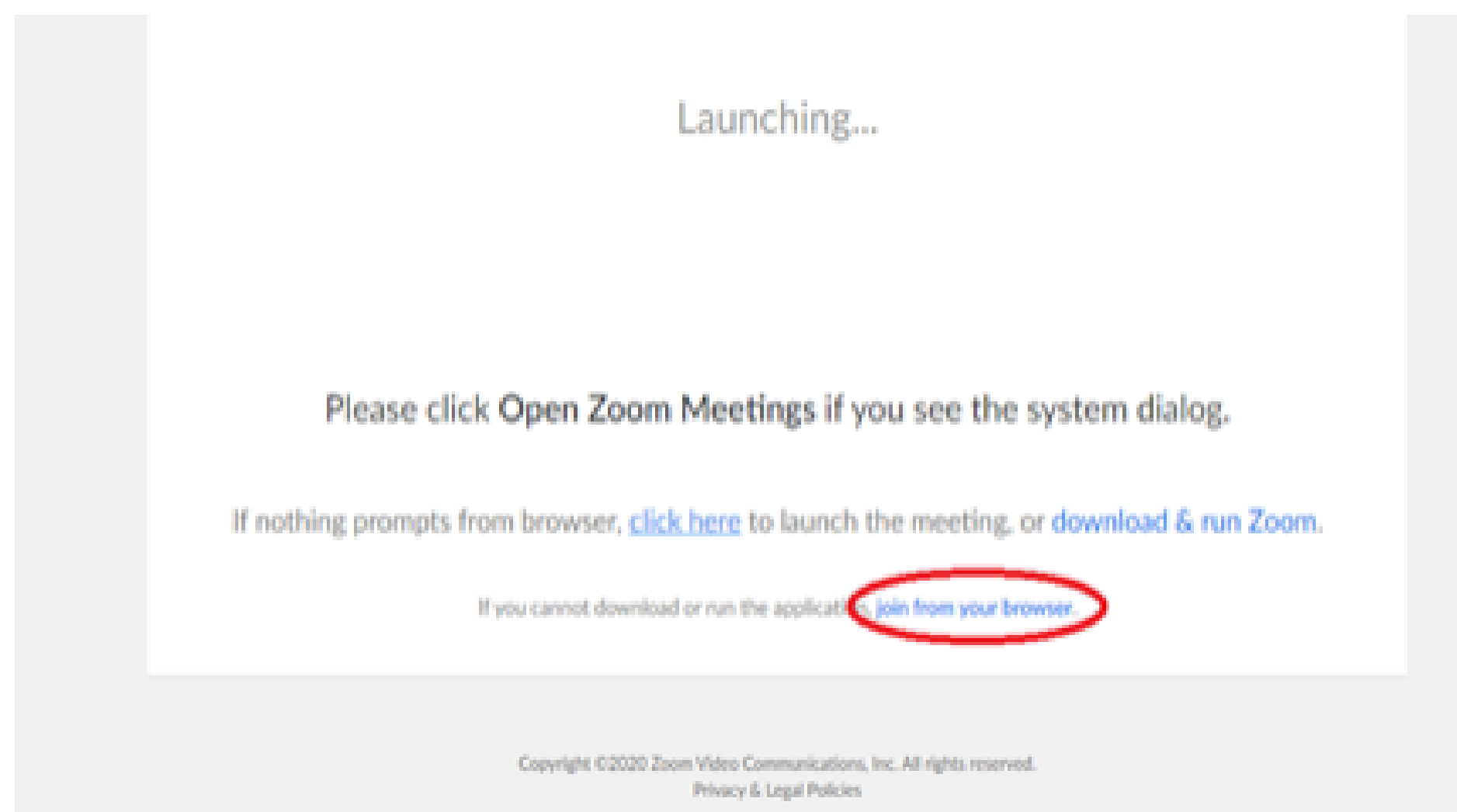
4. Click the option "click here" ( See image below)

Launching...

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

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

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:

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. 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.