

TELEHEALTH



**YOUR MENTAL HEALTH
IS IMPORTANT.**

MINDFULNESS & ANXIETY GROUP

**A TELEHEALTH GROUP DESIGNED TO HELP
PEOPLE FURTHER UNDERSTAND TRIGGERS
TO ANXIETY, THE IMPACTS OF ANXIETY
ON OUR DAILY LIVES, AND HOW TO
EFFECTIVELY MANAGE ANXIETY.**

**Know your options and
take care of yourself.**

**FRIDAYS
11AM-12:30PM**

**FOR MORE INFORMATION & TO REGISTER:
EMAIL JULIA AT [JULIA.BAKER@WFSPA.ORG](mailto:julia.baker@wfspa.org)**