

PRESENTED BY: H&WB AMBASSADORS

Calm Your Mind: Tackling Anxiety

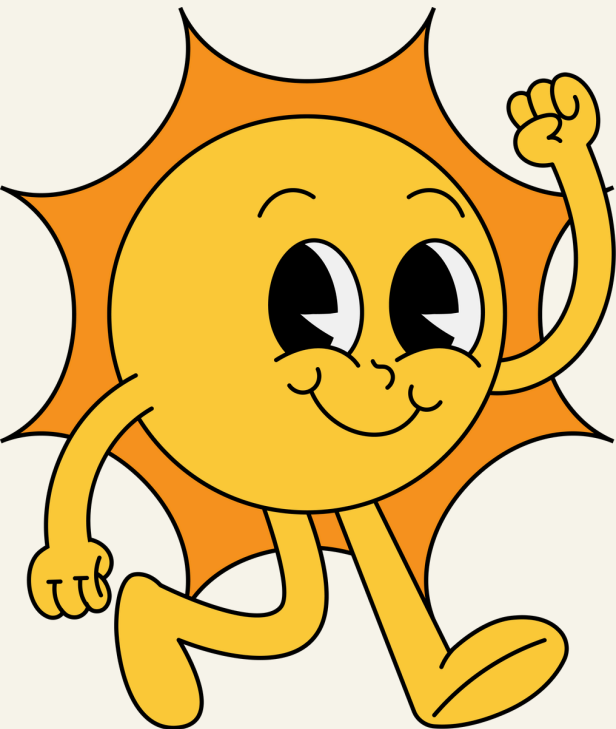
NOVEMBER 18, 2024 @ 11AM-12PM

COME JOIN US IN THE HEALTH AND WELLBEING AMBASSADOR ROOM
CHECK IN WITH THE FRONT DESK OF THE HEALTH CENTER!

(310)243-3629

ZOOM AVAILABLE:

MEETING ID: 515 201 3654



Join us for our "Tackling Anxiety" seminar, a supportive space designed to help you understand and manage anxiety effectively. Whether you're seeking tools for yourself or supporting a loved one, this seminar offers valuable resources and a sense of community.

Take the first step towards a calmer, more confident you!