

AN OVERVIEW OF ANXIETY



Wednesday, November 14, 6:30 pm - 7:30 pm

Everyone experiences anxiety or stress at some point in their life, whether at work or when dealing with a major life event. However, for someone living with an anxiety disorder it can become so intense and overwhelming that it begins to negatively affect their daily life and interfere with their relationships. Join us to learn about what causes anxiety, how to recognize it, and what is helpful versus what is harmful to someone struggling with their anxiety.



Speaker:
Roy Wooten, MS
Executive Director,
ShieldBearer

