

Conquering Anxiety

Tools for Healthy Living

In this workshop, learn basic skills and strategies for overcoming anxiety. In a classroom format, explore a variety of techniques for coping with your anxiety including:

- Relaxation techniques
- Managing worry and negative thoughts
- Coping with panic
- Mindfulness meditation
- Improving sleep

Costs are covered in part by most insurance plans. Please contact your insurance provider for more information about plan coverage. To find out if this workshop is a good fit for you, call 425-339-5453.

**Locations
and times
available
online!**



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