

**STOP LETTING ANXIETY GET IN THE WAY  
OF LIVING THE LIFE YOU WANT**

# **ANXIETY REDUCTION WORKSHOP**

**When: Wednesday, May 15<sup>th</sup>,  
12:30pm to 2:00pm**

**Where: 1520 (bottom floor of library)**

**Come learn what causes anxiety  
and the tools to reduce it.**

Questions: Contact Brian Shook, [brian.shook@ghc.edu](mailto:brian.shook@ghc.edu) or Caitlin Dulin, [caitlin.dulin@ghc.edu](mailto:caitlin.dulin@ghc.edu)