

JFS Middlesex in Collaboration with  
The Jewish Community Center of Middlesex County Presents:

# How to Cope with Anxiety in a Stressful World

Presenter: **Bill Stover, LCSW,**  
JFS' Associate Executive/Clinical Director

**Tuesday, January 17, 2023 at 1:30 PM**

**Location: 1775 Oak Tree Road, Edison, NJ 08820**

Learn strategies to help address anxiety and stress in safe space. This event is part of Live Well @ The JCC programming. Event is free and open to the community.



**732-777-1940**



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