

# ANXIETY

## Anxiety in Teens: What is actually helpful?

Date: Wednesday, May 2nd

Time: 7:00 pm

Location: Easlake High School Theater

400 228th Avenue NE, Sammamish WA

This Parent Education event is sponsored by the Eastlake High School PTSA in conjunction with the Lake Washington School District and LWPTSA Council.

There is no cost for admission and no RSVP is necessary.

Speaker: Dr. Kristy Ludwig

“Nationally, rates of clinical anxiety (having an actual anxiety disorder) in adolescents range from 18-25%. Everyone experiences some anxiety - some is good but too much is problematic and I would say kids in this area and nationally are definitely experiencing increasing levels of anxiety.”  
-Dr. Kristy Ludwig

Eastlake’s YES Counselor, Cathleen Leader, will introduce the guest speaker after a brief presentation about Vape 101, and other self-medicating choices that teens use today to cope with stress, anxiety and overwhelm.



Flyer Designed  
By  
Andy Cepollina