Managing Anxiety Through The Pandemic

Coping, Self Care, & Stress Relief Strategies For Young Adults

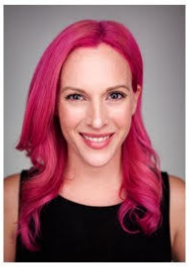


Wed December 9th

@ 4:00pm

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Life is HARD right now—learn how to cope with and manage rising stress levels. Join us for a virtual guided meditation practice to release stress and anxiety while cultivating self-love, connection, and inner peace. Amy Rutledge will guide us through different mediation techniques to calm the busy mind and soothe the nervous system. She will also recommend other strategies and skills to help cope with anxiety. Zoom class will be 30 minutes with time afterwards for Q & A.



Register before December 9th by emailing mmcclelland@clamsnet.org