



Rethinking and Rewiring: Breaking the Anxiety Habit Loop

The Office of Employee Assistance invites you to learn how anxiety takes shape, uncover the patterns that hold it in place, and embrace mindful practices that bring balance, calm, and compassion into everyday life.

Be sure to register for any of the virtual, 12 p.m. workshops below:

Tuesday, September 16

Wednesday, September 24

Tuesday, September 30