



ANXIETY BITES **BITE IT BACK**

A workshop for women who are just done worrying all.the.time.

Stress/Anxiety/Worry, whatever your name is for it, you feel like it's your constant companion. It's always lurking and you're just exhausted because **your brain just won't shut off**. And you feel like you're **on edge** constantly but you don't know why. Maybe you find yourself **laying in bed in the middle of the night rehashing your day?**

YOU CAN learn to manage your anxiety and keep it from controlling your life.

Join us for a small group workshop this December and learn:

- **The science behind anxiety and why it matters.**
- **Real life strategies and activities to help combat and control anxiety**
- **Research backed resources and tips**

To reserve your spot: please call or email. Payment is due at the time of registration. Fee goes up to \$100 after deadline

Presented by:
Yasmine
Binghalib
Licensed Marriage
& Family
Therapist

Space is limited
and must be
reserved in
advance

\$75 per person
before early
registration
deadline

Saturday,
December 2rd

9:00-Noon

snacks and coffee
provided

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