

Anxiety & Stress Management Workshop Series



Do you feel overwhelmed?
Come join us for ideas & strategies on how to
recognize and manage anxiety & stress

Fridays at 1pm: Oct 30th - Nov 20th
Register at: <https://tinyurl.com/y2e5pto5>

Mondays at 1pm: Nov 9th - Dec 7th
Register at: <https://tinyurl.com/y5co3kog>



JOHNS HOPKINS
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Student Health & Well-Being
Counseling Center