

Managing Anxiety/Stress for a Healthy Life

**Fridays from 12pm – 1 pm
Starting January 28th**

Join us to meet with fellow students who share the same challenges as you!

Do you have a question or concern about Managing your Anxiety? We meet every Friday at noon.

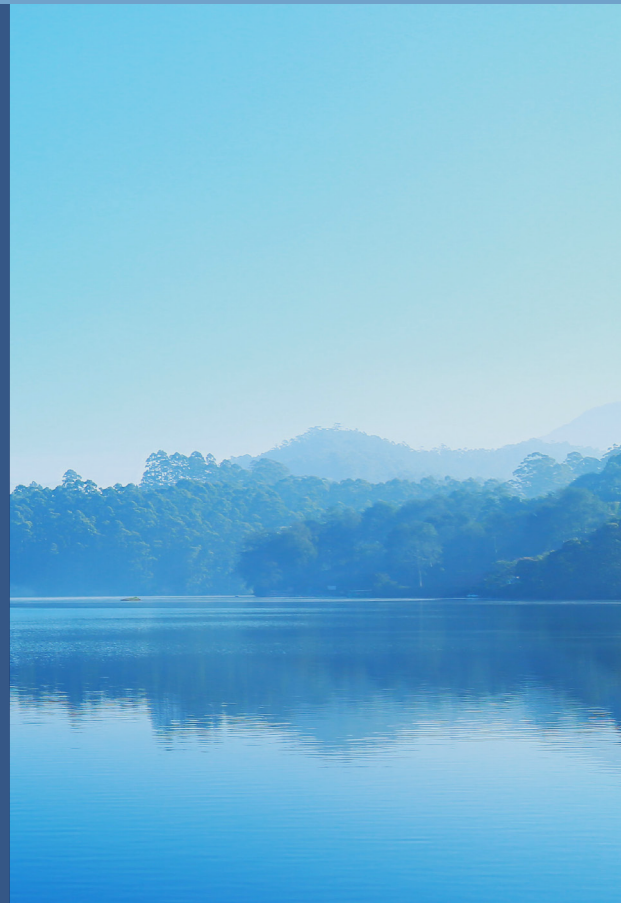
This Spring Semester our Friday Meetings begin on January 28th and continues every Friday at noon!

Join us on Fridays to meet with fellow students who share the same challenges as you!

- **Identify your anxiety symptoms**
- **Discuss useful strategies to Manage Anxiety**
- **Practice Relaxation Techniques**
- **Share ideas and successes with fellow students.**

Sign up now to reserve your space.

<https://ysu.edu/student-counseling-services>



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