Managing Anxiety & Stress for a Healthy Life

Fall Semester: Starting September 16

Join us on Fridays at noon to meet with fellow students who share the same challenges!

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

Scan to signup and reserve your space
Or visit: https://ysu.edu/student-counseling-services