



# Anxiety – Dial it Down! Drug Free Tips to Decrease Anxiety

- How to influence factors that escalate Anxiety and Panic Attacks
- Practical Strategies that reverse anxious sensations in the chest, head, and body.
- How biofeedback may be used in training these self-regulation skills



Presented through the Ontario Telemedicine Network and Hosted by the East Wellington Family Health Team



Space is limited so REGISTER TODAY!

Call: (519) 833 7576 ext: 362



Sessions facilitated by:

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From the University of Guelph's Stress Management and High Performance Clinic

**East Wellington Family Health Team**

**6 Thompson Cres Unit 1, ERIN, ON**

**Wednesday February 27<sup>th</sup> 2019**

**6:30 to 8:30pm**