

RETURNING TO POPULATED PLACES: HOW TO CALM YOUR ANXIETIES

**TUESDAY
MAY 18
7 PM**

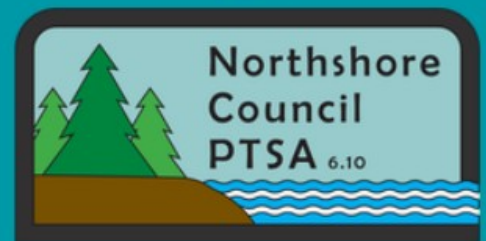
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BY:**



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After over a year of staying at home, it is normal that you may feel anxious seeing large, or even small, groups of people.

Learn tips to calm these feelings from NAMI Eastside's Executive Director, Barbie Collins Young.