

Come join us for

An educational lunch and learn, movie screening, and panel discussion about something that impacts us all...**anxiety.**



IndieFlix

55 MINS - APPROPRIATE FOR AGES 10 AND UP

As a community, we are coming together to start a conversation about stress and anxiety, how it affects our children and teens (and those around them), and share helpful tips and resources to give HOPE to all.

WHO SHOULD ATTEND? Parents, faith leaders, business leaders, educators, counselors, coaches, local government and community members.

WHEN: Monday, September 9, 2019
11:00 a.m. - 1:30 p.m.

WHERE: Jerry Long YMCA
1150 S. Peacehaven Road
Clemmons, NC 27012

COST: \$15 (includes lunch)

CEU CREDITS: 2 hours continuing education credits offered at \$10 (paid separately)

Register online at <http://bit.ly/AngstSept9Lunch> by Thursday, September 4. Seats are limited.

For more information contact Barbara Saulpau at bsaulpau@wakehealth.edu

For more information about the movie <https://angstmovie.com/>

ATTENDEES WILL LEARN:

- How to identify and understand the symptoms of anxiety.
- The causes of anxiety and its sociological effects.
- The prevalence of this very common mental health challenge, impacting 54 percent of females and 46 percent of males, with age seven being the median age of onset, (according to the World Health Organization).
- The symptoms of a panic attack caused by anxiety.
- The powerful stories of many kids and teens who discuss their anxiety and its impacts on their lives and relationships.
- About the help, resources and tools available to address the condition.

Panel will include community physicians, professional counselors, and parents.



CareNet
Counseling

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Interfaith Alliance of
Clemmons-Lewisville