



Health
in Mind

Anxiety Management Course

Open to Edinburgh residents aged 18+

Time of year taking its toll?

Join us for a 5-week course to learn about what anxiety is and practise tools to manage symptoms.

Where: Online (on Zoom) - link will be provided after sign-up is completed

When: Tuesday Evenings from 6-8pm

Start date: 23 January 2024

Free to attend

Contact us for more information and to book a place:

Make an enquiry: <https://www.health-in-mind.org.uk>

Call: 0131 225 8508

www.health-in-mind.org.uk   

Thrive Connect Partnership

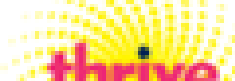
Working together to provide you with the right support at the right time.



 Penumbra

 change

 Health
in Mind

 thrive

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