

PERSONAL WELLNESS SERVICES

ANXIETY MANAGEMENT WORKSHOP

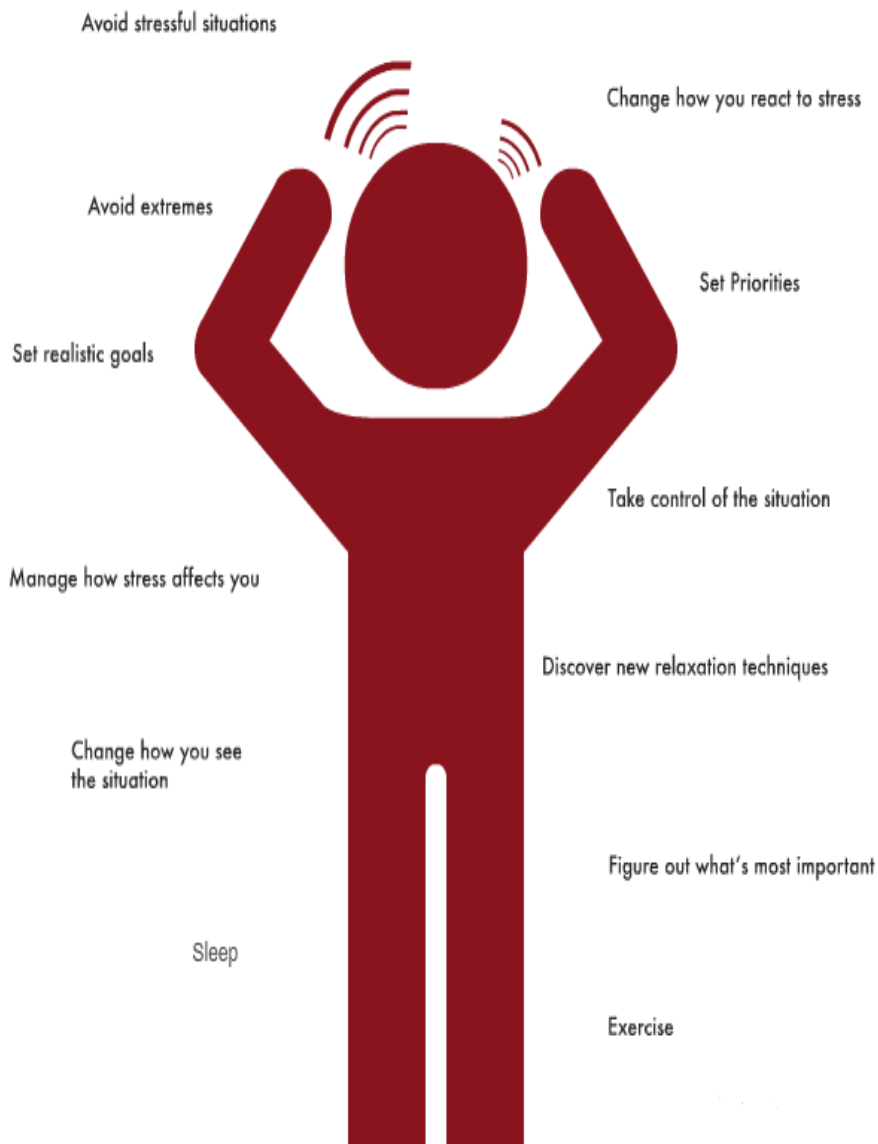
APRIL 15, 2021
12 PM

PRESENTED BY: J. JIMENEZ,
LICENSED PSYCHOLOGIST

ZOOM LINK:

[HTTPS://SWCCD-EDU.ZOOM.US/J/91747613639](https://swccd-edu.zoom.us/j/91747613639)

* NO PRE-REGISTRATION REQUIRED



OPEN TO STUDENTS ONLY

If you are an individual with a disability who needs accommodations to participate in this event, please contact:

PERSONAL WELLNESS SERVICES
SWCPersonalWellness@swccd.edu
619-421-6700 x5279