

ANXIETY TOOLBOX: FINDING YOUR CALM SPOT



The Commons, 318

Mondays, March 23 and 30, and April 6
1:30 - 2:30 p.m.

**In this three-part series,
gain a better understanding
of your anxiety and develop tools
to manage and reduce it effectively.**

To learn more, visit our [myUMBC](#) page!

All programs, events, and opportunities are open to full participation by all individuals, regardless of race, color, religion, sex, national origin, or any other protected category under applicable federal, state, and University nondiscrimination policies.



RETRIEVER INTEGRATED HEALTH

