



Free online course for UNISON East Midlands members

# Living with and Managing Anxiety

12 & 19 September 1.30 - 4.30



This course runs over two afternoons and aims to:

- help you to understand anxiety and why we experience it.
- provide you with knowledge, tools and understanding which will help you to live with your anxiety in a more positive way.

<https://eastmidlands.unison.org.uk/members/>