



Free online course for UNISON East Midlands members

# Living with and Managing Anxiety

24 April 1.00 - 5.00

Via Zoom



This course aims to:

- help you 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/>