



Free online course for UNISON East Midlands members

Living with and Managing Anxiety

8 & 15 July 1.30 - 4.30

Via Zoom



Delivered by Lydia Weston, who has many years experience teaching Mindfulness and Mental Health courses, this course aims to help you:

- Understand anxiety and why we experience it.
- Recognise anxiety in others.
- Provide you with the knowledge, tools and understanding which will help you live with your anxiety in a more positive way, and help others manage theirs



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