

Anxiety in Older Adults: What You Need To Know

This on-hour session will teach participants about some of the common causes of anxiety, symptoms associated with it, and what you can do about it. A brief review of treatment approaches will help participants identify techniques to reduce anxiety for themselves and for their loved ones.

Monday May 1,
2023 10:00 -
11:30am located at
the Cowan
Community
Health Hub



To reserve your
spot, call
PrimaCare FHT
at 519-442-9834
Monday - Friday
8:30am - 4:00pm

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