



Reducing Anxiety in the Moment and Beyond



Anxiety is the most common behavioral health disorder in the U.S.

Register for this live webinar on Wednesday, November 8 at 1:00 pm CT to:

- Examine the signs and symptoms of this uncomfortable, isolating condition.
- Learn skills that will help you manage anxiety if it's a problem for you.
- Learn how to implement these techniques in your life on a day-to-day basis.

**All live webinars are recorded and posted on your member website.*

Visit MagellanAscend.com or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) for helpful resources.

