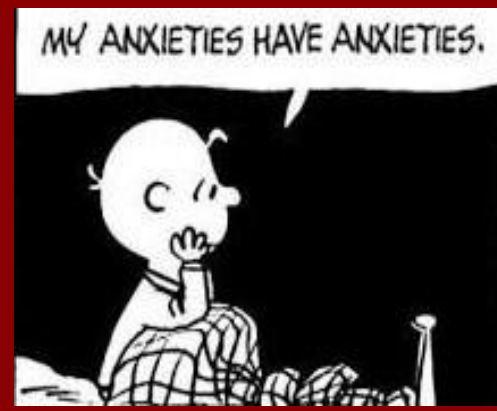


# Do Your Best When You're Unstressed



Presented by: **The Anti-Anxiety All Stars**

Dr. M. Jones – Public Speaking Anxiety

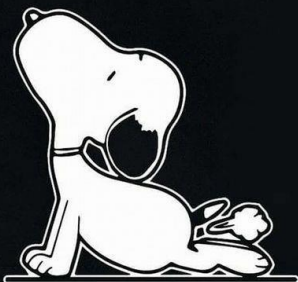
Prof. J. Cartano – Math Anxiety

Prof. J. Weinfeldt – Test Anxiety

INHALE COURAGE



EXHALE FEAR



**Monday**

**March 2, 2020**

**3:30-5:00 pm**

**CH 100**