

# The Anxiety Workshop is Back!



**The Anxiety Workshop will resume on:  
February 4th  
1:40 - 2:30 (X-period)  
Student Health Building - Room 328**  
We will meet weekly (except Spring Break),  
through the Spring Semester

**Topics for discussion will include, but are not limited to:**  
**Social Anxiety**  
**Performance Anxiety**  
**Test Anxiety**

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Sponsored by:  
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