

Healthy Living Workshop Series – Inaugural Session:
“Expert Panel on Anxiety Management Tools”

What is Anxiety?

How anxiety impacts us physically and cognitively
Breathing and relaxation to calm and balance your nervous system
Music, movement and laughter-yoga to release anxiety
Techniques for managing unhelpful thoughts
Stress management exercises
and much more!

Join us for a panel of five mental health professionals as they talk about their personal stories, their professional experiences and share their knowledge with you in an interactive and hands-on session.



Jila Behnad MFT
Licensed Marriage
and Family Therapist



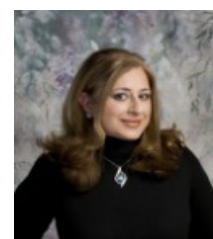
Maryam Hafezi Psy. D
Doctor of Clinical
Psychology



Mahnaz Motatar PhD
Clinical
Neuropsychologist



Pouneh Azadi MFTI
Marriage and Family
Therapy Intern



Katie Dashtban Psy. D
Doctor of Clinical
Psychology

When: Sunday, September 20th 3:00 pm – 6:00 pm
Where: 7950 Dublin Blvd. #303 Dublin, CA 94568
General Fee: \$40.00 Students and Seniors Fee: \$20.00
Early Bird before August 20th: \$35.00
Space is limited, Buy your ticket now by visiting:
www.rahaa.info/workshops

www.Rahaa.info

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