



Let's Talk About Oncology & Hematology Disease Related Anxiety

Do you experience anxiety or depression?

Would you like to learn more about what you can do to manage symptoms and find support?
Please join us for a virtual educational program on

Thursday, December 1st
7:00pm-8:00pm



The Library's Prescription for Quality
Health & Wellness Information
www.JustForTheHealthOfIt.org

"As a therapist, I practice with empathy and compassion, meeting each patient where they are at in their wellness journey. As an administrator, I aim to enhance access to quality care, specifically addressing social determinants of health such as mental health, transportation, community resources, and family support."

Discussion topics include:

- Learn about common symptoms
- Identify frequent triggers
- Tips to better manage anxiety
- Learn the factors necessary for maximizing your wellbeing



To register for the ZOOM program
CLICK HERE OR VISIT
<https://tinyurl.com/AsteraMarcus2022>
OR SCAN THE QR CODE TO THE RIGHT

Presented by:
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Director of Social Work