

# Stomping Anxiety

DO YOU STRUGGLE WITH ANXIETY? IF  
YES, PLEASE JOIN US IN THE LEARNING  
HUB ONLY ON TUESDAY'S.

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WHO IS TEACHING?  
DR. ISOM AND MRS. BUETTEL

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HOW TO SIGN UP  
SCAN THE QR CODE BELOW TO SIGN UP FOR THE  
LEARNING HUB!



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WHAT TO EXPECT:  
YOU WILL LEARN HOW TO HANDLE ANXIETY AND  
DEAL WITH STRESS.