

Friday, February 27<sup>th</sup>

6:30-8:30 p.m.

*Presented by Licensed Professional Counselor - Catherine DiNuzzo, MA*

# Winning the Battle over Anxiety

A Workshop from a Catholic Perspective

**For Parents, Students, Business Professionals, Teachers, Coaches...  
Information foundational to healthy living!**

*Learn the biological response of anxiety, strategies & techniques to combat anxiety, Implementing strategies and much more! Help yourself & others!*

**DCES**  
DiNuzzo Counseling & Educational Services

**DiNuzzo Counseling**  
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There is no cost to join

Please register by e-mailing Jared: [jzimmerer@sfatx.org](mailto:jzimmerer@sfatx.org)