

Presenting a Life Directions seminar on

Why do I feel so anxious?

Tues 7th July
7:30-9:00pm

Presented by
Mark Boyce
North Adelaide
Mental Health Service
Chaplain

Topics covered will include:

- *What is anxiety?*
- *What causes panic attacks?*
- *Learning to manage anxiety!*

RSVP e-mail: office@ttguc.org.au or ph: 8396 3252

Supper is provided – The seminar is free to attend.



Tea Tree Gully Uniting church
592 - 600 Milne Road, Banksia Park
Ph: 8396 3252 for more details
www.ttguc.org.au

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