



# Anxiety Workshop Series

## Three-Session Workshop

Dec. 2nd, 9th, and 16th | 2-3pm

Open To All Virginia Tech Students  
Register for any of these sessions below:



[https://virginiatech.qualtrics.com/jfe/form/SV\\_74jBHLW5TnQyahu](https://virginiatech.qualtrics.com/jfe/form/SV_74jBHLW5TnQyahu)



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