

COOK COUNSELING CENTER'S

# SCIENCE OF ANXIETY WORKSHOP

*Learn brain hacks based in the science of the  
autonomic nervous system to address anxiety*

THURSDAYS 4-5PM,  
STARTING NOVEMBER 4TH  
ZOOM ID; 492 633 4126

Content repeats every two weeks, come as many  
times as you like, sharing about your anxiety is  
not required



STUDENT AFFAIRS  
COOK COUNSELING CENTER  
VIRGINIA TECH.