



Mind Over Matter is an introductory educational 5 week program that utilizes evidenced-based strategies to help decrease feelings of anxiety and depression in an effort to foster a sense of well-being. Each week will introduce new tools using cognitive behavioral approaches and mind/body strategies, therefore, weekly attendance is required.

## **Virtually**

Wednesdays, March 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, April 2<sup>nd</sup>, & 9th 2:00pm – 3:30pm

Registration is required. For questions or to register for this program, please call or email either

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or

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