



# How to Relieve Anxiety and Become Happier

Did you know anxiety is not stress, and it takes a different skill set to overcome? Let's explore what anxiety is and how to manage it with Health Coach/Reiki Practitioner Jenna Matthews.

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Friday, May 3

12 p.m. - 1 p.m.

[Register Now](#)

Space is limited.

### Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

