

# THE NEW NORMAL STRESS, ANXIETY AND OTHER RELATED STUFF

## Tuesday, March 19th at 6:00pm

A panel discussion followed by breakout sessions with each professional

The sessions will be lead by:

Dr. Isaiah Bregman  
- Family Physician

Dr. Susan Kroft  
- Psychiatrist

Cathy Netter Bregman  
- Meditation Leader

Topics will include:

- How the body and mind react to what we're experiencing
- Understanding the negative effects of catastrophic thinking
- Meditation and other user-friendly techniques for maintaining emotional health
- Finding support when you need it.

