



Stress Management Virtual Support Group

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Many of us are feeling worried about the impact of the corona virus on our lives, and don't know where to turn for support. Being alone with these fears, we can feel helpless and confused, and our stress levels can go through the roof.

Symptoms of anxiety and depression associated with stress, such as fatigue, irritability, sadness, body aches, and changes in appetite are common. Learning ways to better manage our stress and sharing our concerns with others who feel similarly can help.

Ongoing open weekly virtual group

April through June, 2020

Days and times TBD

\$35 per session (discounted rate)

Group size 4 to 8 members

Register online at DrAndreaCook.com