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Monday, August 19, 2019

Got Anxiety? Powerful Strategies for Calming Nerves

Company: Andy Matzner

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Venue: The Actors Theatre Workshop

Location: New York, NY

Is anxiety ruining your life? Are your fears holding you back professionally? Do you feel like you worry too much? The good news is that it's possible to manage and even eliminate your anxiety. As a therapist and anxiety coach, I've taken a deep dive into the research on anxiety relief so you don't have to. And in this workshop I'll share what I've discovered. You'll learn a set of simple yet powerful tools and strategies (all holistically-based) that will help you regain control over your life!

When: August 19th, 7pm - 9pm

Where: Actors Theatre Workshop, NYC

Cost: \$55 (Space is limited; please contact me at andymatzner@gmail.com to hold your seat)

Andy Matzner
145 W 28th St
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540-819-0429
<https://andymatzner.com/2019-nyc-workshops/>

Schedule
August 19, 2019: 7:00pm

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