

Mindful Movement Through Anxiety

Therapy Group with Dr. Lauren Johnson & Carolyn Box



Psychological and Physical Intervention for Anxiety

Please join us for this unique therapeutic group, designed and facilitated by psychologist Dr. Lauren Johnson and physical functioning expert, Carolyn Box. This group uses mindful, intentional movement of the body to reduce anxious distress, promote mental health, and improve coping skills. Participants may be eligible for full or partial reimbursement through extended health benefits.

Six weekly sessions beginning Friday, October 13

Outside the Box Fitness (Riverbend, South Edmonton)

For information or registration, please contact
Around the Corner Counselling

info@aroundthecornercounselling.com
780-318-1480