



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ANXIETY AND STRESS MANAGEMENT

LEARN ABOUT THE DIFFERENT TYPES OF ANXIETY AND VARIOUS TREATMENT OPTIONS

Monday, February 1, at 2 pm – FREE and open to the public  
NSYMCA virtual event [click here](#) to participate

Or call 1-312-626-6799 enter Meeting ID: 919 3140 3755 and Passcode: 362246

Do you ever wonder if you or someone you love is dealing with anxiety or if it's an anxiety disorder? Maureen Rafa will help you understand the difference and talk about a variety of ways to manage stress and anxiety.

## About Maureen Rafa

Maureen is a board-certified psychiatric mental health nurse currently working as an Elder Care Coordinator for the Law Offices of Stephen Sutera, P.C., an Elder Law Attorney. Experienced in mental health, geriatrics, managed care, home health and hospice, Maureen helps clients navigate health care and aging in place by connecting clients with equipment and services for their home or assisting with the transition to senior living facilities. Maureen can be hired independent of the attorney.

## You will learn

- Physiological effects of anxiety
- Behavioral impact
- Anxiety vs. anxiety disorder
- Causes of anxiety
- Coping Strategies

## A part of the NSYMCA ADULT EDUCATION SERIES

The NSYMCA is located at 2705 Techny Road, Northbrook, IL  
Check out all our virtual programs at [www.nsymca.org](http://www.nsymca.org)

Learn more about Eldersmart at  
<https://www.eldersmartglenview.com/>

Register for this program to receive a reminder email the day of the event by emailing Karen Brownlee at the North Suburban YMCA: [kbrownlee@nsymca.org](mailto:kbrownlee@nsymca.org)



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