

Join us for a...

Screening of the New Documentary
Angst, Raising Awareness around Anxiety

**January 17, 2019 in the Music Room at Alvirne High School
from 6:30 – 8:00 p.m.**



A new documentary that explores anxiety, its causes and effects, and what we can do about it.

Features World Champion Swimmer Michael Phelps!



Post-film panel and discussion following the film.

Come join us!

Hope to see you there!

