

# Be Calm

A Skills Workgroup for Anxious Adults



Develop coping skills ● Improve balance ● Reduce stress ● Increase wellbeing

**Mondays at 8pm**

## **Be Calm: A Skills Workgroup for Anxious Adults**

*Presented by Kristy Blackmer, MA, LPC of Be Well Counseling & Consulting Services, LLC*

**The Kramer Building  
212 Kent Street, Suite 4B  
Portland, MI**

Advanced registration required: Online at [bewellccs.com](http://bewellccs.com) or call 517.526.3787