



UNWINDING ANXIETY®

by MindSciences

Evidence-based daily curriculum designed for anyone suffering with anxiety. In around 10 minutes a day:

- Smartphone App with daily guidance
- Uncover what triggers your anxiety
- Identify your “anxiety habits”
- Break the cycle of worry & panic
- Learn specific anti-anxiety tools

WellessenceMD Hosts 1 Hour Live Weekly Meetings

\$100 for 1 Month Commitment



Link to Current Class Times and Locations:

[www. WellessenceMD.com/contents/services/classes](http://www.WellessenceMD.com/contents/services/classes)

Registration and Information: (847) 850-8185

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