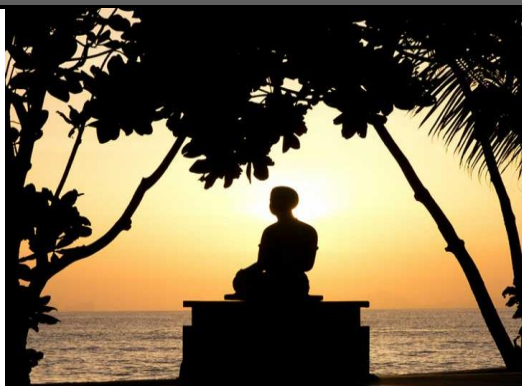




New Group!!
**Transforming Anxiety with
Empowerment**
Ages 21+ · Co-Ed



FRIDAYS FROM 10:00 AM to 11:15 AM
Runs for 8 WEEKS

This class is designed to help you understand the message of anxiety achieve compassionate insight; inner peace, and increased empowerment by utilizing scientific research and learning practical tools

Facilitated by: Jamie Coscia, LCSW-R/Rocco Pezzulo, B.S.
Classes held at: 1 Pinnacle Place, Suite 102, Albany, NY 12203

For information and to register, call
(518) 689-0244 extension 22 for *Rocco*

MOST INSURANCES ACCEPTED