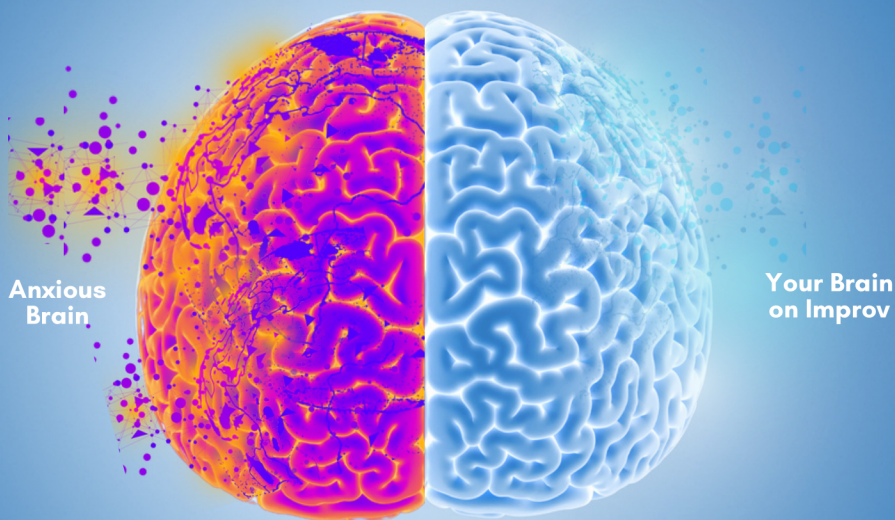


# Improv for Anxiety

**Online Classes Thursdays 2:00-4:00pm**

**April 13 - May 18**

Join Margot Escott, LCSW for this 2-hour stress-free class designed to relieve anxiety for adults. In this class, individuals are able to explore and process triggers together and find group cohesion through play and humor. Students will find this class to be light-hearted and fun while gaining support from others who have similar struggles.



Tuition: \$125 for 6 weeks or \$25 per drop-in session.

(Ask about our sliding scale pricing)

Learn more: [Improv4Wellness.com](http://Improv4Wellness.com)



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**[MargotEscott@mac.com](mailto:MargotEscott@mac.com)**