

# A Normal Reaction to Stress or Something More?

**Anxious**



**Sad**



**Nervous**



**Fuming**



**Wednesday, October 3rd 11am-2pm on Commons Main Street**

(at the Retriever Wellness Expo).

If you are concerned about your mood or coping with stress, come take a quick self-test and talk with a counselor.

**Screenings are free and confidential.**