

Managing Anxiety and Worry

Faculty and Staff Assistance Program, Department of Human Resources, welcomes you to a presentation by,

Dr. Wayne Hurr



Dr. Hurr is a staff psychologist at Counseling and Psychiatric Services (CAPS) - Georgetown University, where he has been for 16 years. He is on the United States Olympic Committee Sports Psychology Registry, and is a sports psychologist consultant to college and professional athletes. He frequently provides support to GU sports teams regarding performance anxiety and does regular presentations on how to cope with anxiety for the GU Undergraduate and Medical School.

In this hour long presentation, Dr. Hurr will discuss the symptoms and causes of anxiety and worry, and ways to counteract these symptoms.



Date: 12-1PM: Thursday, October 18 2007

Location: Mc Carthy Hall – McShain Lounge/ Large

Event is Free. No Reservations Required. All GU students, faculty and staff are welcome. For more information, contact Sandy 7-2409 or Nicole 7-1771.

Wellness Programs Fall 2007