



# First Coast Manufacturers Association Webinar

## Managing Anxiety along the Journey to a Post-Covid-19 World

### **Managing Anxiety along the Journey to a Post-Covid-19 World**

Over the past several months, every single one of us has seen their life, in some fashion or another, disrupted, and there doesn't seem to be an end in sight. How can we take a moment to protect ourselves from the psychological trauma that often follows disasters and extreme emergencies?

Join us as Dr. David Chesire shares how to manage our own anxiety, as well as our staffs', as we deal with the effects of Covid-19.

Please forward any questions you have for Dr. Chesire to [amanda@fcmaweb.com](mailto:amanda@fcmaweb.com).

**Presenter:** Dr. David Chesire – Director of the Center for Healthy Minds and Practice (CHaMP) and associate professor of surgery at the University of Florida College of Medicine – Jacksonville

**When:** Friday, June 12, 2020, 10:00 AM – 11:30 AM

**Free Webinar Info:** Webinar via Zoom.  
RSVP for log-in information.

**RSVP:** Email to [amanda@fcmaweb.com](mailto:amanda@fcmaweb.com)

