



# BREATHE EASY: CONQUERING TEST ANXIETY

## What to Expect:

- Practical coping strategies
- In-test breathing techniques
- Managing "Blanking Out"
- Meet our Social Worker Yesenia

**WHEN: TUESDAY,  
FEB 3<sup>RD</sup> 10AM**

**WHERE: GLENDALE  
LEARNING CENTER**

Questions?  
Please contact Ms. Cortes:  
623-223-7875

