



ANTELOPE VALLEY  
HOSPITAL  
A facility of Antelope Valley Healthcare District



# Free Mental Health Lecture

## Facing the Future

**Anxiety over the outcome of challenges in life can stir panic in an individual, but this lecture will help listeners confront their fears and deploy strategies for when anxiety arises. This hour-long presentation will explain how:**

- There are differences between anxiety, fear and panic.
- Anxiety is stage fright for the future.
- When we are anxious we are not fully present in the "here and now."
- We are saying to ourselves "What if this happens? What if that happens?"

**March 19, 2019 at 7 p.m.**

### LOCATION

Antelope Valley Hospital | Community Resource Center  
44151 15th Street West, Lancaster

### Upcoming Lecture Topics

April 16 - Stress

May 21 - Quality & Quantity of Life

June 19 - Social Media



### Presenter

**Roger Girion, Ph.D.**

Executive director of mental health services for AV Hospital. Drawing from more than 30 years in the mental health field, he is passionate about educating the public on mental health issues.

[avhospital.org](http://avhospital.org)



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