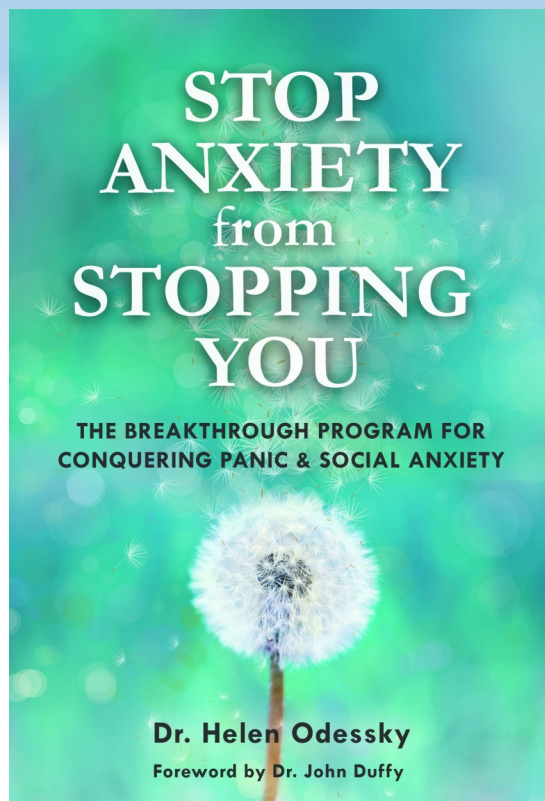


Dr. Helen Odessky



Tuesday, September 12
6:30 pm

Chicago therapist and author Dr. Helen Odessky presents a breakthrough program for conquering panic and social anxiety.

Learn what it is to have social anxiety or panic attacks and solutions to overcome the intense and persistent fear of social situations.

Books available for purchase and author signing.

Book Raffle!



ALSIP-MERRIONETTE PARK
public library district

Register in advance for this informative program at 708-926-7024 or at the Information Desk.

11960 S. Pulaski Road
Alsip, IL 60803
708.926.7024