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HEALTH & WELLNESS



**Straight Talk with Sandra Reich Archives Available**  
**November 19th 2015: Panicky? Anxious?- Scientific strategies and help for home treatment that really work!**

Sandra is joined by Georgia Dow- a top psychotherapist from her team who is the Co-Director of Anxiety-Videos- a home study program designed to help people deal with their anxiety in the comfort of their homes. Sandra and Georgia will discuss what is anxiety and clues and strategies of what it is try to tell you and how to work with it instead of having it work against you. Cutting edge research and latest information on anxiety treatment will be discussed. This promises to be an informative and lively hour. Don't miss your chance to stop anxiety in its tracks- be it for yourself or a love

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### Tune in

Archives Available on VoiceAmerica Health and Wellness Channel

EPISODE ON DEMAND

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### Featured Guest



#### Georgia Dow MA

Georgia Dow, MA specializes in treating anxiety and stress management for both children and adults as a top Psychotherapist at The Montreal Center for Anxiety and Depression. With over 20 years of experience in teaching and counselling-- Georgia has helped innumerable clients overcome anxiety successfully.

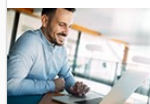
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