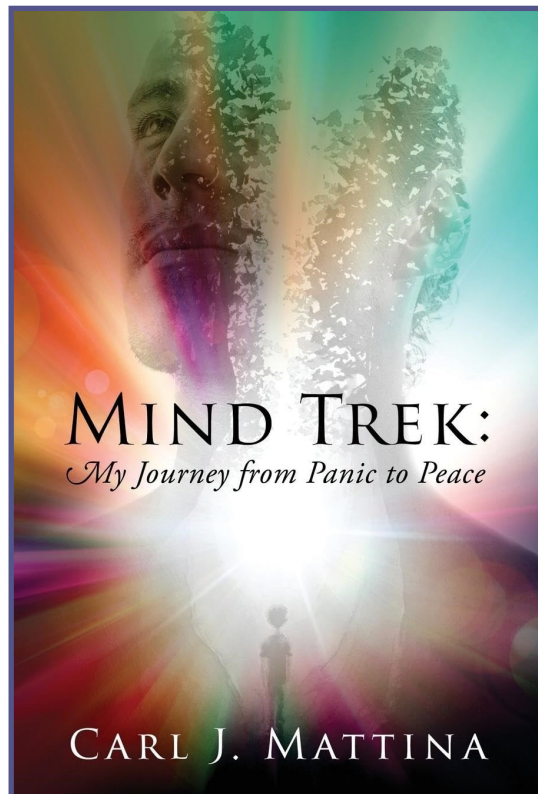


# Author Talk

Mind Trek: My Journey from Panic to Peace  
by Carl Mattina



Saturday, 12/9/23 • 2:00 PM  
Community Room

Meet Dr. Carl Mattina as he discusses his memoir exploring his struggles with severe anxiety, panic, and agoraphobia and his transformation to a positive lifestyle full of hope and personal accomplishments. He will present tools to overcome anxiety and build self-esteem.



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