


# Anger Management



**Anger is a normal and healthy emotion that can easily get out of control. Uncontrolled anger can take a toll on both your health and relationships if it is not dealt with in a positive way.**

**Attend this Series and learn how to:**

- **Respond instead of react**
- **Adjust those expectations**
- **Forgive, but don't forget**
- **Retreat and things over**

**Mondays and Fridays in April**

**11:30 p.m. - 12:30 p.m.**

**Building 7260**

**Register by April 1**

**For more information call (229) 639-7935**