



# Anger Management Series

**Anger is a normal and even healthy emotion but it's important to deal with it in a positive way!**

**Join Us  
Every Monday  
and Friday in  
January**

**(8,12,15,19,22,26,29 & Feb.2)**

**9-10am**

**Bldg 7260**

**Register by January 4**



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

**Learn to**

- Respond instead of React**
- Adjust those Expectations**
- Forgive, but Don't Forget**
- Retreat and Think Things Over**

**MARINE & Family**

**MCACS**  
ALBANY