

Hello, everyone.

As you may know, I am presenting a new class; titled, ***How to Find a Peaceful Center in Challenging Times*** which is going to be unlike our typical Unity classes I have facilitated before. In the past, I have found like myself, quite a few of us tend get anxious around election time. **Yes???** So I thought, with the election coming up, this would be a perfect time to look at Fear and Anxiety. How do we process them or not process them? And what tools we might be able to come up with to use that **practical** side of Unity we talk about?

For this class, I wanted something a bit more innovated, more mind-body than mind. Something that would include how common day to day fears affect our daily lives in addition to upcoming election anxieties. To present something that is **Informative, Simple, Useable and Takeaway.**

So this is what I've got. We're going to be looking at **developing** an awareness of how fear and anxiety affects us in our day-to-day lives and **becoming** aware of the symptoms of anxiety or nervousness building up in us. So maybe we can **stop** it before it raises our blood pressure sky high, before we eat the week's desserts in one sitting, watch endless news or election polling updates, or just socially withdraw.

In this class, we'll be exploring, **exploring** possibilities from a mental, emotional, physical and spiritual mindset. We are going to be **experiential**. Find individual practical **tools** that we can use.

So I'm excited. I am looking forward to teaching this class. I am looking for numerous people to be a part of this new innovative class. The required book is ***Breaking the Chains of Anxiety*** by Susan Olubunmi (available on Amazon).

Join me and Please sign up in the sign-up area or reach out to me. Maria Cosentino (mlcosentino@gmail.com)

Blessings and thank you.

(Please note, This class is not intended to be therapy but it will be therapeutic.)

Click below to take you to the class website:

[Finding a Peaceful Center Class – Unity Of Fox Valley](#)