



INTERFAITH COMMUNITY SERVICES

*Helping seniors, disabled individuals
and families in financial crisis achieve
stable, healthy and independent lives.*

FOR IMMEDIATE RELEASE

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ICS Lunch and Learn Event Will Focus on Dealing with Anxiety

Do you have intense, excessive and persistent worry and fear about finances, health or personal safety? Have these thoughts affected your relationships or ability to enjoy life? How does faith play a role in all of this?

Anxiety disorders are the most common mental health issue in the United States, affecting 40 million adults age 18 or older and accounting for almost one-third of the country's \$148 billion total mental health bill, according to the National Institute of Mental Health. Unfortunately, many people don't seek treatment because they assume the symptoms are not bad enough, that they can resolve the issue on their own or that doing so many bring negative consequences.

As part of its ongoing Lunch and Learn series to help reduce the stigma of mental illness and increase health literacy within the Pima County community, Interfaith Community Services is presenting "**Anxiety: Letting Go of Excessive Worry in a Chaotic World**" from noon to 2 p.m. on Thursday, October 22, 2015 at Fountain of Life Lutheran Church, 710 S. Kolb Road in Tucson. Registration is \$10 prepaid and includes lunch. [Register online](http://www.icstucson.org) at www.icstucson.org.

The featured speaker is Dory Martin, LCSW, who has served the Tucson area in health care for more than 22 years, most recently in her own practice. Martin will use humor and offer ideas to manage excessive anxiety.

"It's nearly impossible to not have some anxiety or concern when one tunes in to the news at the local, national and international level," says Martin. "While it is normal and reasonable for us to experience a certain degree of anxiety, we'll explore the harmful risks when it is excessive and what we can do to better manage it," she says. Martin will also explore the calming effects that prayer, meditation, music and humor have on our brains.

"Our goal is for participants to learn something new that will help them take more control over how they feel," adds Dr. Veda Kowalski, Health Education Manager at Interfaith Community Services. "The event will equip people with useful information for themselves, or for helping a family member or loved one."

The Lunch and Learn is made possible with funding from The David and Lura Lovell Foundation and the Community Partnership of Southern Arizona. The event is open to anyone with an interest in learning more about mental health and anxiety.

About ICS: ICS provides food, job-search assistance, and emergency financial assistance to Pima County residents in need and mobilizes volunteers to provide seniors and disabled individuals with Mobile Meals, transportation, home repairs, calls and visits, and health and safety referrals. Services also include whole health and mental health outreach and education. ICS offers compassionate support by connecting more than 700 volunteers and 86 faith community partners with our community's most vulnerable residents. From nutritious food to health evaluations to a ride to the doctor's office, ICS helps more than 38,000 people a year

achieve stable, healthy and independent lives. ICS has received Charity Navigator's highest rating of four stars five years in a row for its fiscal responsibility and best practices.

Interviews:

Dory Martin and Veda Kowalski are available for interviews. Please contact Deborah Carr at 520-2976049 ext. 222 or email dcarr@icstucson.org to make arrangements.

IF YOU GO:

What: ICS Lunch and Learn “Anxiety: Letting Go of Excessive Worry in a Chaotic World”

When: Noon to 2 p.m. Oct. 22

Where: Fountain of Life Lutheran, 710 S. Kolb Road, Tucson

Cost: \$10 per person, includes lunch

To register: Go online to www.icstucson.org. Advance registration is required.

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