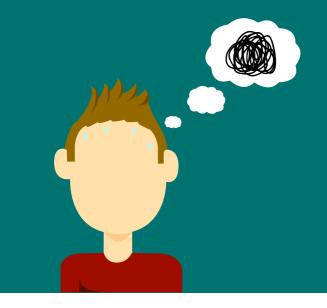
## ANXIOUS?



## Are you experiencing any of the following?

- Nervousness, restlessness, feeling tense
- Increased heart rate
- Rapid breathing
- Heavy sweating
- Shaking
- Weakness or lethargy
- Insomnia
- · Digestive or gastrointestinal problems
- A desire to avoid triggering situations
- Obsessive thoughts

## We can help!

Tanner Clinic's clinical psychologist, **Dr. Trevor Taylor**, is now accepting new patients for individual therapy, psychological evaluations, and treatment.

Contact our office manager, Carly Bitton, at **(801) 773-4840 ext. 3449** for more information.

