

# ***Anxiety and Panic – A Modern Epidemic***

***Public Talk by Dr Harry Barry,  
G.P. and author***

Dr. Harry Barry is an experienced medical doctor for over thirty-five years. He has a long-standing interest around mental health especially the management of anxiety and depression. He has developed a holistic approach with an emphasis on the combination of combining Neuroscience concepts, lifestyle changes and where necessary drug therapy, with the application of simple CBT approaches to effectively manage these approaches.

He has written extensively on the subject and his Flag series of books have been widely read by professional and lay people interested in the area.



<b>Date</b>	<b>Wednesday 25<sup>th</sup> October 2017</b>	<b>Thursday 26<sup>th</sup> October 2017</b>
<b>Time</b>	<b>7pm – 8.30pm</b>	<b>7pm – 8.30pm</b>
<b>Venue</b>	<b>Bush Hotel, Carrick on Shannon</b>	<b>Clayton Hotel, Sligo</b>

If you are interested in attending this public talk, please send an email with your name and which location you will be attending to [info@alive2thrive.ie](mailto:info@alive2thrive.ie)

This is a **FREE** event sponsored by Breffni Mental Health Association and Sligo Mental Health Association!