

Coping with Scanxiety

Thursday, January 15, 2026

12:00 pm-1:00 pm (online via Microsoft Teams)

Alana Yanagida, Behavioral Health Therapist



Join us for a FREE online educational workshop

Feeling anxious before, during, or after medical scans – often referred to as "scanxiety" – is a common experience. This workshop will share practical strategies and tools to help you manage scan-related stress and worry.

Complete your registration here:

[Inova.org](https://www.inova.org)

