



Coping with Scanxiety

Join us for a **FREE** in-person educational workshop facilitated by Behavioral Health Therapist, Alana Yanagida, LCSW

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.

Phone: 571-472-3500

Date: Thursday, March 12, 2026

Time: 12:00pm-1:00pm

Location: 8081 Innovation Park Drive

Pavilion, Level P1 Fairfax, VA 22031

Scan the QR code to register:

