



I don't  
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Everyone  
thinks I should  
be excited for  
retirement.

Why am I so  
anxious about  
this part of  
my life?

# Anxiety is an illness.

**LET US HELP YOU.**

It's normal to have thoughts like these. Get the free support you need to feel better by talking to us at Your Life Iowa. Because mental health is health.


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 **TEXT: (855) 895-8398**

 **CHAT: [YourLifeIowa.org](https://YourLifeIowa.org)**







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