



For Immediate Release  
June 27, 2017

## **Registration open for fear-of-flying workshop at John Glenn International**

COLUMBUS – John Glenn Columbus International Airport (CMH) will offer a free workshop for individuals who face anxiety or fear related to flying.

Facing Takeoff, a first-step approach to overcoming flight anxiety, is scheduled Saturday, Aug. 26, from 8 a.m. to 4 p.m. at CMH and will provide an introduction to the airport and air travel. Participants will interact with a team of aviation and health professionals for a day of hands-on learning and discovery.

“Air travel can cause anxiety for many individuals and we’re thrilled to present this workshop for anyone who could benefit,” said Elaine Roberts, President & CEO of the Columbus Regional Airport Authority. “We’re honored to partner with representatives from Nationwide Children’s Hospital, The Ohio State University Center for Aviation Studies and Southwest Airlines to make this workshop a reality for our community.”

Individuals will learn the mechanics of flights, skills for managing anxiety and gain an understanding of air travel by touring various areas of the airport. The tour will also consist of entering a security checkpoint and, when available, boarding an aircraft. The workshop is open to anyone ages 10 and older, with attendees under the age of 18 accompanied by a parent or guardian.

Space is limited and the deadline to register is Aug. 21. For more information or to register, contact Barb Varga, Airport Customer Service Coordinator for the Columbus Regional Airport Authority, at [bvarga@columbusairports.com](mailto:bvarga@columbusairports.com) or 614-239-4006.

### **John Glenn Columbus International Airport**

Located in Ohio, John Glenn Columbus International Airport is one of three airports operated by the Columbus Regional Airport Authority. Opened in 1929, John Glenn International offers over 150 daily departures to 34 destinations from Columbus, the 14th largest U.S. city. More than 7.3 million passengers traveled through John Glenn International in 2016. Learn more at [flycolumbus.com](http://flycolumbus.com).

- End -