

THRIVING THROUGH THE HOLIDAYS

Make your holiday season more enjoyable by learning tips to mindfully manage holiday stress. We'll discuss holiday expectations and how to manage some of the biggest stressors of the holiday season - food, family, and finances. You'll leave with ideas and a plan that will help you thrive through the holidays!

Date: December 8, 2023

Time: 12:00-1:00 PM CT

Presenter: Michelle Dawes & EJ Enga

How to join? [Follow this Teams meeting link!](#)

