

# Holiday Stress Management

The Fall and Winter Holidays are upon us!

Most of us choose joy, but for some it can be stressful.

Attend this series and learn how to manage your holiday blues.

**December 8: Overcoming Caregiver Burnout**

**December 15: Managing Holiday Blues**

**December 22: Managing Holiday Stress**

**10:30–11:30 AM**

**Bldg 7260**

**For more information call (229) 639- 7935**

