

FREE COMMUNITY HEALTH PROGRAM

Taking the Stress Out of the Holiday Season

Tuesday, December 8, at 6:00 p.m.

at Hazleton General Hospital Office & Education Building

The holiday season for most people is a fun time of the year filled with parties, celebrations, and social gatherings with family and friends. For some people, it is a time filled with sadness, self-reflection, loneliness, and anxiety. Balancing the demands of shopping, parties, family obligations, and houseguests may contribute to feelings of being overwhelmed and increased tension. Play Holiday Jeopardy and learn how to cope with stress and anxiety throughout this holiday season.

Speaker:

Lynn Koch, *Gunderson Rehabilitation Center*

Program is free.

Register online at www.ghha.org
or by calling 501.6204

