



**RACINE COUNTY PRESENTS:
“THRIVING THROUGH THE HOLIDAYS”
VIRTUAL PRESENTATION**

The holiday season is quickly approaching, which can lead to added stress due to an increased to-do list.

Join health coach Angie as she discusses managing holiday expectations, strategies to minimize stress, and coping skills for dealing with grief and loneliness.

**JOIN US ON
DECEMBER 12TH
FROM 12PM-1PM, CST**

**Simply accept this
calendar
invitation to join
this session!**