

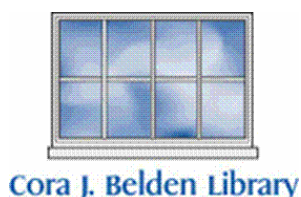


Handling Holiday Stress

December 18
6:30 pm

The holidays are a stressful time. From family coming into town, to snowy weather, and cooking up a storm, it's easy to get overwhelmed. Come learn some expert tips to get a handle on holiday stress and stay a little calmer this season!

Registration requested.



Cora J. Belden Library

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