



**Wednesday,  
December 11<sup>th</sup>, 2 pm**

**Presented by:  
Rasheda Collins,  
Peer IL Advocate**

**To reserve your spot,  
call or email:  
[rcollins@wilc.org](mailto:rcollins@wilc.org)**

**Space is limited!**

# **DECEMBER 11, 2024**

## **MANAGING STRESS DURING THE HOLIDAYS**

### **Practical Tips to Find Balance**

The busy holiday season can leave us stressed and overwhelmed if we don't take measures to protect our physical, mental and emotional well-being. Join us in-person for a discussion on ways to reduce stress and face this time of year with clarity and calm.

**WESTCHESTER  
INDEPENDENT LIVING  
CENTER**

**10 County Center Rd  
2nd Fl, Suite 203  
White Plains, NY 10607**

**(914) 682 - 3926, ext 2123**

**[www.wilc.org](http://www.wilc.org)**

