



## **Holiday Blues**

### **A Class in Health & Wellness**

**Instructed by: Rick Pribbernow**

We're all familiar with the high expectations, stress, and emotions that come with the holidays. But it doesn't have to be that way. Take this class and learn:

- Ways to cope with the heightened emotional load during this time of year
- Skills and ideas for making your days a bit brighter this holiday season

**Tuesday December 10th, 2019, 6:15-8:15pm**



**Location: Take the Next Step**  
202 Sams St, Monroe, WA 98272

**Registration:** Advanced registration is required. Complete and return the registration form to [collegeofhope@housinghope.org](mailto:collegeofhope@housinghope.org) or register on our website [www.collegeofhope.org](http://www.collegeofhope.org)

**Register by Friday, November 29th, 2019**

*If for any reason you are unable to attend this class please notify the College of Hope at 425-353-8112 by no later than 12 NOON the day of.*