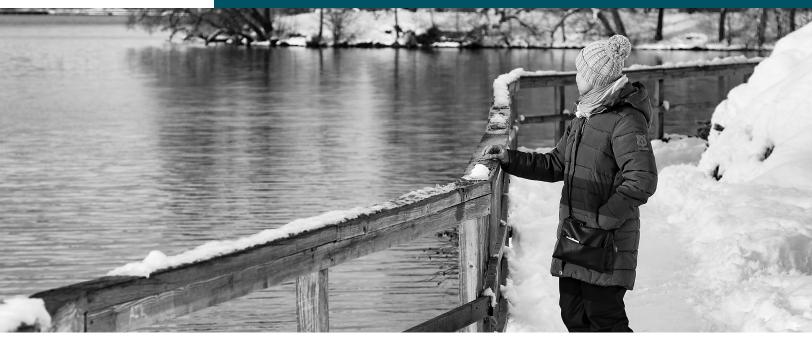


College of Hope Presents



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

Thursday December 5th, 2019, 6:00-8:00pm

Location: Ken Schilaty Learning Center 5908 Evergreen Way, Everett, WA 98203

Registration: Advanced registration is required. Complete and return the registration form to collegeofhope@housinghope.org or register on our website www.collegeofhope.org

Register by Friday, November 22nd, 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.



