



## **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](mailto:collegeofhope@housinghope.org) or register on our website [www.collegeofhope.org](http://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.*