

Coping with the Holidays

Aurora Health Care



Workshop



Monday, November 15

9:30-10:30 AM

The holidays can be both exciting and stressful! We'll discuss some tips and tricks to make sure you take some time and refresh yourself and manage tough emotions during this time.



Pre-Register
with the
Recreation Office

LOCATION:

Hartford Rec Center
125 Rural St.
(262) 670-3730 -
ci.hartford.wi.us

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