

MCPS Well Aware presents

Promote a Joyful Holiday Season

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This webinar will help participants recognize their sources of holiday stress and tension. Once identified, these stressors can be minimized by developing strategies to promote a joyful holiday season.

- **TUESDAY,**
DECEMBER 13, 2022
4:30–5:30 p.m.
Webinar



PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the login information.

