

**Alliance on Aging Presents:
Strategies to Minimize Stress &
Maximize Enjoyment during
“The Holidays”**



Join our Senior Peer Counselor, Nan Heflin LMFT, in a discussion about managing the complex emotions that often come up during the holidays. While there is ample opportunity for merriment, the winter months can often trigger feelings of sadness. Explore ways to increase your chances of enjoyment while navigating the holidays.

**When: Wednesday, November 8, 2017
10am – 12pm**

**Where: Alliance on Aging
247 Main Street (in Old Town)
Salinas, CA**

To register call: 831.758-4011

FYI: Parking in Old Town Salinas can be challenging. If possible consider carpooling or making arrangements for someone to drop you off and pick you up.