

Planning for Healthy Holidays



Nan Heflin, LMFT and AoA Senior Peer Counseling Consultant, will be here to talk about:

- Managing your expectations
- Anticipating mood swings
- Enjoying the Season

WHEN: Wednesday, November 15, 2023
10:00-11:00am

WHERE: The HUB Conference Room
236 Monterey St., Salinas

Please call to register 831-646-4931

Even though the Holidays are not all cookies and candy canes, they sure taste good. So we if you have a special Holiday treat that you would like to share, please feel free to bring it.

*****Bus Passes and Taxi Vouchers available, if transportation is an issue please ask about them when you call to**

