



WELLNESS INSIDER

Holiday Survival Guide: 'Tis the Season for Stress

Wednesday, December 1, 2021

Speakers: Param Srikantia, PhD

Location: Lerner, NA5-08

Time: 12:00-1:00pm

- Objectives:**
1. Build a framework for celebration by setting ground rules and letting go of societal expectations.
 2. Explore multicultural strategies for coping with holiday stress.
 3. Discuss how the emerging practice of consciousness-based transformation can offset the social and economic challenges that arise during the holiday season.

Watch live at cemployeewellness.com/wellness-insider

All caregivers are welcome to attend this presentation.