



A TIME TO HEAL
CANCER FOUNDATION

CREATE YOUR BEST LIFE EVENT

SELF-CARE DURING THE HOLIDAYS

SATURDAY, DECEMBER 3, 2022
AT 10:00 AM (CT) VIA ZOOM

The holidays are an exciting time, but they can also be one of the most stressful times of the year. Between cooking, party planning, and dealing with family drama, it can be easy to lose your holiday cheer. Would you like to learn some strategies that you can use to get through challenging situations? Come learn tips and techniques for keeping your holiday cheer all season long!

www.atimetohealfoundation.org

