

# MANAGING HOLIDAY STRESS



**WED, NOV 13**

**11:30 AM-12:30 PM**

**REGISTRATION  
WELLNESS.AZ.GOV  
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**Earn 25 HIP Points!**

This workshop provides an overview of common stressors people encounter during the holidays, and offers “stress buster” tips to help you get the most possible enjoyment out of the season.