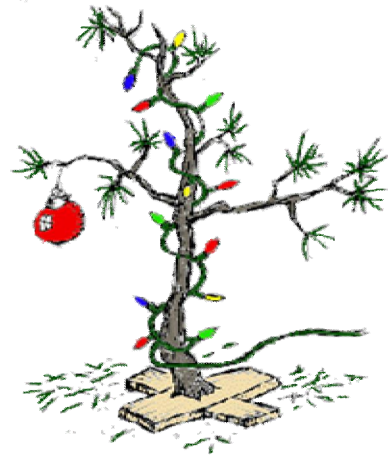


“Presence” for the Holidays

Feeling Holiday Stress?

Does the word Holidays bring a sense of dread?

Come discover practical tips for thriving this holiday season.



Spend 60 minutes and save hours of stress! Bring the benefits of Mindful Presence to your holiday planning. Join a small telephone group where you'll learn:

- Seven secrets for a sane holiday season
- How to make time for yourself during the holidays
- Time saving planning strategies - how to prioritize and focus on what's important
- What to say no to and how to say it
- Tips for managing challenging family situations

Wednesday, December 4th
Your choice: Noon to 1pm or 7 to 8pm
Only \$20
Call 610-696-4443 to register

Participants will learn by sharing ideas with each other. Skills learned will be helpful long after the holiday season is over!

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