

GUIDE TO THE HOLIDAYS

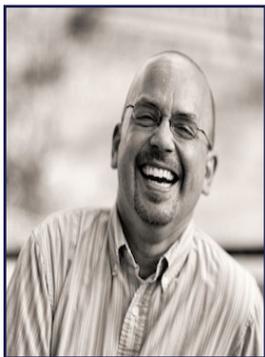
3-PART WEBINAR SERIES

LIVE SESSIONS ON TUESDAYS • 11:00AM-12:00PM (CST)
NOVEMBER 29 • DECEMBER 6 • DECEMBER 13

Let's get ready for the holidays! Our expert speakers will help us to approach this holiday season with a refreshed perspective on our relationships, the confidence to set healthy boundaries, and tools to enjoy festivities while keeping healthful eating intact.

Discovering Your True Self & Enhancing Relationships

November 29



David Zuniga
PhD, MDIV, MA



Ariel A. Schulz
LCSW

Setting Healthy Boundaries

December 6



Katie N. Ozuna
LMSW, OSW-C, OPN-CG

Staying Healthy Through the Holidays

December 13



Morgan Sanderson
RDN, LD

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