

HASSLE LESS FOR THE HOLIDAYS – (2) TWO PART SERIES



People Celebrating!

This season involves various holidays, whether religious or secular. Holidays involve many concerns or challenges.

These workshops will assist you in identifying what you want for this holiday season and how to use self-care, in order to enjoy the process of how you want to celebrate.

Hassle Less for the Holidays, Part 1 – Setting Intentions and Developing a Plan
November 12 5:30 - 7

Hassle Less for the Holidays, Part 2 – Completing your plan and Getting Unstuck
November 26 5:30 – 7

Investment in yourself:

\$40 for both workshops

\$25 for single workshop

November 12 & 26, 2018 5:30 – 7 PM

MindfulNEPA 1st floor @ Marketplace at Steamtown



EMPOWER WELL-BEING, LLC

Empowerwellbeing101@gmail.com

570-483-8366 | FB

<https://www.facebook.com/empowerwellbeing1/>