

Community Coffeehouse

Series

at Carrier Clinic



Join us for coffee & conversation

Wednesday, December 7, 2016

6:45-8:45pm in the Visitor's Lobby at Carrier Clinic

Topic: Holiday Stress

Do you get stressed out over the holidays? Come to this informational session to learn about holiday stress and what you can do to make your holidays more stress-free and enjoyable.

Michele LaBaw, MA,CADC, will introduce strategies to help you handle stress, and talk about managing the unrealistic expectations and pressures of the holiday season.

Handouts provided.

While Carrier Clinic's Coffeehouse Series represent our best efforts to provide useful information and guidance, this session is not intended to offer clinical advice.

This program is FREE—but space is limited.

RESERVATIONS REQUIRED. Please RSVP by 12/6 at
CarrierClinic.org/events/community-coffeehouse-series
to secure your seat.



Coffee and light refreshments will be served.

252 Route 601, Belle Mead, NJ 08502

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