

GOT HOLIDAY STRESS?

When holidays come around, do you:

Feel overwhelmed?
Get depressed?
Feel anxious?
Wanna cry?
Need a drink? (or 2?)
Wanna hide?



Instead, would you like to:

Feel happier?
Enjoy the moments?
Feel excited?
Have more energy?
Not have relatives' "stuff" bother you?
Learn some holiday stress busting skills?

Where

The Brinkley Center
5766 Balcones Drive, #103
Austin, 78731

When

Choose your favorite date:
Sunday, November 19, 2-4 PM
Sunday, December 3, 4-6 PM
Thursday, December 14, 6-8 PM

Investment

\$38.00 per person
(for 2-hour section)
(nonrefundable but transferable)
ONLY 8 SEATS PER SESSION

Contact/For more info:

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