Beat the Holiday Humbugs

Date: December 9, 2014

Time: 12-1 P.M.

Location: Building 7260
(former Chapel Annex)

The fall and winter holidays are upon us.

They sweep over us like a tsunami of lights, sounds and smells. It can be a season of stress. Most of us choose joy, but it's easy to get caught up in things that can bring out the humbug in the best of us.

Learn to beat the humbugs of the holidays in this workshop.

Call 229-639-7935 to register.