

DOC

talks

How to Manage Stress During the Holidays

Nov. 7th

Holidays can be a stressful time, taking a toll on your mental health. Find out some ways to manage your stress during this time, and create a merrier holiday season.

**Wednesday at Noon - Lunch Included
In the Miller Street Conference Room**

1000 North Miller Street • Wenatchee, WA 98801

For more information about DOC Talks please visit:
confluencehealth.org/doctalks



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Have Questions?

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