

EXTENSION WAUPACA COUNTY &
NEW LONDON PUBLIC LIBRARY PRESENT

Mindfulness During the Holiday Season

Thursday, December 17 at 6pm



This presentation is **VIRTUAL**. Please sign up ahead of time by calling the New London Library at (920) 982-8519. You will be given a link for the event.

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Join Sandy Liang of Extension Waupaca County for a virtual program as she discusses the benefits of mindfulness during the holidays:

"The holidays can bring feelings of stress, loneliness, uncertainty, anxiety, etc. In this workshop, we will learn about the benefits of slowing down, acceptance of our emotions, and how to move forward to make the holidays feel brighter."