Sistah Nurse Monthly Series
BREAKING THE CHAIN OF
THE HOLIDAY BLUES

Saturday December 26, 2020
10:00 a.m. - 11:30 a.m.
Registration is Free

Did you know that JANUARY is the most depressing month of the year?

"The Holiday Blues are temporary feelings of anxiety and/or depression that can be associated with extra stress, unrealistic expectations, or memories that accompany the season."
National Alliance on Mental Health (NAMI)

Special Guest
Arvis Jones, BA MT, MA
Music in the Brain

W2F
Witness 2 Fitness
Cynthia Perry Ray Foundation
"You Should Be A Witness To Fitness"

Register On Eventbrite

CLICK HERE TO REGISTER