SENIOR WELLNESS MORNING

Friday, December 9

Keeping the Holidays Merry: Coping with Holiday Stress

DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS

Must visit at least 4 of the dozen booths in order to enter your name in the door prize drawing.

For planning purposes, call 322-3630 to pre-register.

9—10 a.m. Health Screenings ▪ Health Info Booths ▪ Entertainment

FAST REQUIRED FOR SUGAR — 10+ HEALTH BOOTHS — CHRISTMAS CAROLS with CHRIS RETERT

10—11 a.m. Speaker: **Everest Brooks**

Psychiatric Social Worker, FDL County Dept. of Community Programs

Topic: **Coping with Holiday Stress**

A time of festivity, parties, shopping, entertaining, religious observances, family gatherings, and decorating, the holiday season can be full of excitement and promise. However, with this time of year inevitably comes stress. Learn tips to help minimize holiday stress.

Everest Brooks, MSW, LCSW, CSAC is a Psychiatric Social Worker with the Fond Du Lac County Department of Community Programs. Mr. Brooks currently works with teenage and adult clientele on an outpatient basis. He is a graduate of the University of Wisconsin Helen Bader School of Social Welfare where he received his Master's Degree. Mr. Brooks uses a cognitive-behavioral approach to therapy and has a passion for working with anxiety disorders in particular. In his spare time, Mr. Brooks is an avid film buff and voracious reader.

This month's Senior Wellness Morning is sponsored by FDL County Department of Community Programs.