



HOLIDAYS – LOVE THEM OR HATE THEM?

HOW TO MAKE YOUR HOLIDAYS SANE

So Black Friday is upon us and all the stores are aglitter. The mail order catalogues are giving my postman a weight lifting workout, and filling my inbox to the gills, and it isn't even Thanksgiving yet!

How have the holidays been for you in years past, and what would you like to create this year?

For some of us, they seem like the happiest time of the year, there are church bells and children, family we enjoy, and lots of fun activities.

For others of us, it is a different story. There are sadnesses, grief and losses.

And the average American gains ten to fifteen pounds during this season.

If you struggle with your weight, you may struggle with the food this season, too.

Or you may wish for a way to make all the holiday goodies go away.

For still others of us there are family members who dislike our food plans and want to help us have tastes of the good stuff – “just a little won't hurt.”

What do you need to help you this year?

Join us on Tuesdays from November 27 to December 18, for a Short and Sane plan for handling the holidays and the new year.

We are going to focus on self-care, handling the stresses of this time of year and support you in creating the celebrations and the life you want.

This will be only four weeks, Tuesdays, 7 to 8 pm, on Zoom, so you can wear your pajamas! Fee is \$125 and I promise Zoom is easy to use!

To register, email me at theresasez@comcast.net or call 610-275-3699.