

+ Mindfulness, Better Boundaries & Well-Being

The Holiday season is a time of great joy for many, but for some, it can also be a time of personal, life, and family challenges. This workshop will provide tools to help you and those you serve to better navigate the inevitable adversities that come in life.

December 12, 2024
10:00am - 11:30am
LIVE ON ZOOM



**Applied
Neuroscience
for the
Holidays &
Everyday Life**

\$55 FOR OETA MEMBERS
\$85 FOR NON-MEMBERS

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