

Don't Distress... De-Stress

for the Holidays

Help take the stress out of the holidays and overcome the winter *BLAHS* with this informative and inspiring class. Instructed by Karen LaPlant with Mental Health Association of Oklahoma.

Date: Thursday, Dec. 6

Time: 6-7 p.m.

Please call to register

(918) 596-1444



1028 East 6th St.

Tulsa, OK 74120

Phone: (918) 596-1444

**This is a FREE
program!**

