

# **Stress Free December @ the Library**

Dance Away the Stress

Monday, December 5 @ 7 pm

Learn to Make Essential Oil

Tuesday, December 6 @ 7 pm

Meditation Workshop

Monday, December 12 @ 7 pm

Stress Free Card making class

Wednesday, December 14 @ 7 pm

Stress Free Technology

Monday, December 19 @ 7 pm

Yoga to Relieve Your Stress

Monday, December 19 @ 7:15 pm

Learn many tips on having an enjoyable  
and stress free holiday season.

All programs are for 18+ Please register

