

# *Managing Stress and Grief During the Holiday Season*

Sponsored by:  **Seniors Together**  
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**Wednesday, November 30  
11:00am – 12:00pm  
North Laurel 50+ Center  
9411 Whiskey Bottom Road  
Laurel, MD**

An interactive discussion to soften the impact of grief at this joyful, yet sometimes painful, time of year. Topics include: Anticipating Challenges and Triggers; Identifying Ways to Cope; and, Planning Ahead.

To register, please call 410-313-0380 (voice/relay), or stop by the front desk.

For questions contact:

Karen Hull, 410-313-7466 (voice/relay),  
or email: [khull@howardcountymd.gov](mailto:khull@howardcountymd.gov)

**Please RSVP by November 29**

If you need this flier in an alternative format, or accommodations to participate, contact MAP at 410-313-1234 (voice/relay), one week in advance.

 **Howard County**  
Office on Aging & Independence