



Smart Strategies for the Holidays

9:00 a.m. – Noon

Friday, November 30 – Yell Co.

Monday, December 3 – Johnson Co.

Thursday, December 6 – Conway Co.

Monday, December 10 – Pope Co.

Are you dreading the holidays? Would you like to make your holiday season less stressful and healthy?



This workshop will include:

- ◆ **Fitting exercise into your holiday schedule**
- ◆ **Selecting healthy holiday foods and time saving tips**
- ◆ **Stretching your dollar for holiday expenses**
- ◆ **Handling family traditions and holiday stress**

For more information and to enroll, contact your County Extension office.