

Centennial

SENIOR • CENTER

41 West Street, Concord, NH
(603) 228-6630

THURSDAY, DECEMBER 15TH AT 12:30 P.M.
PLEASE JOIN US FOR HOLIDAY REFRESHMENTS AT 12:00PM.
OPEN TO ALL!

Finding Holiday Joy Amid the Emotions

Many changes occur during the holidays that can trigger a myriad of emotions. Have you experienced changes in relationships, health status, or experienced the loss of a loved one or job? As a result, many people have mixed feelings including sadness, fear, hopelessness, stress, and frustration. Discover techniques on how to heal and lessen the impact of loss.



PLEASE RSVP YOUR ATTENDANCE: CENTENNIAL SENIOR CENTER: (603) 228-6630
OR EMAIL: INFO@CENTENNIALSENIORCENTER.ORG

PRESENTED BY:



CONCORD REGIONAL
VISITING NURSE
ASSOCIATION
THE SLUSSER CENTER

(603) 224-4093 ▪ (800) 924-8620 ▪ www.crvna.org