

**Addolorata Villa Presents “Managing Holiday Stress”**

The Addolorata Villa in Wheeling, part of the Franciscan Communities, will be hosting “Managing Holiday Stress,” on Sunday, December 1, from 9:30 am-10:30 am, and again on Wednesday, December 12, from 6:00pm-7:00pm.

This informative session will be led by Franciscan Ministries Director of Education Linda Carrigan, RN, MSN. She will provide a variety of helpful suggestions and tips that can help make the holidays more enjoyable for everyone. Come and discover how you can survive the holiday frenzy—without feeling frantic.

To attend this free event, RSVP with Liz Starman by November 26 at (847) 808-4421 or [estorman@franciscancommunities.org](mailto:estorman@franciscancommunities.org). Seating is limited and light refreshments will be served.

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