

I Just Want to Feel Normal Again!

Tuesday, 11/8/22

11:30-1 pm, at 2nd St. Station (includes lunch)



Finding hope and well-being for the holiday season & year-round!

The holiday season can be joyful, but it can also bring on added stress. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays (and the rest of the year) more than you thought you would. Don't miss this insightful program!



Tim Heerts is EAP Trainer & Consultant with Avera EAP. He has a Master's Degree in Counseling, and an Undergraduate degree in Education. He has been in the counseling field since 1988, and the Employee Assistance Program field since 1997. Avera EAP provides key training services to employees of companies that contract with Avera EAP, along with consultation services on employee issues to Human Resources, Managers, and Supervisors.

RSVP at the chapter website: <http://nesd.shrm.org> (under the "Events & Education Tab") by **Friday, 11/4/22**.

FREE to NESD SHRM Plus Members
\$10 for NESD SHRM Members
\$20 for Non Members

