

# MANAGING THE HOLIDAY BLUES: OR HOW I SURVIVED AND ENJOYED THE HOLIDAYS



HOSTED BY THE COMMUNITY HEALTH IMPROVEMENT  
COALITION'S

**Mental Health Committee**

**SPEAKERS:**

**Kayla Mayer, LMSW**  
HOSPICE SOCIAL WORKER

**DATE/TIME:**

**WEDNESDAY DECEMBER 6TH, 2017 AT 6:00 PM**

**LOCATION:**

**VAL VERDE REGIONAL MEDICAL CENTER**  
**EDUCATION ROOM**  
**801 N. BEDELL**  
**DEL RIO, TX 78840**

FOR ADDITIONAL INFORMATION PLEASE CALL **830-778-3629**



**VAL VERDE**  
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