

Got Health?

Free talks to help you get and stay healthy

Holiday Stress: Too Tangled Up in Preparations to Enjoy the Season?

The practice of mindfulness can help you enjoy the holiday season. Join us to learn what Mindfulness-Based Stress Reduction is all about, how it works on the body and what effects it can have on your sense of well-being.

Date: Thursday, December 12, 2019

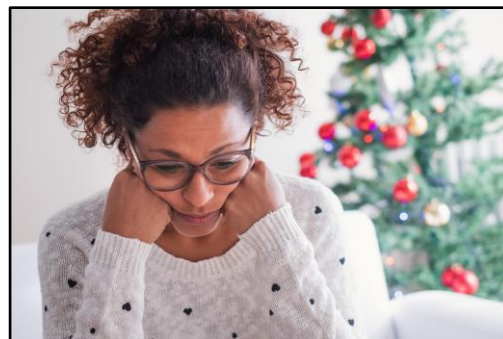
Time: 12:10-12:50 p.m.

Location: Kate Gleason Auditorium, Central Library of Rochester and Monroe County, 115 South Avenue, Rochester, NY 14604

Presenters: Michael Krasner, MD, FACP, Professor of Clinical Medicine, University of Rochester School of Medicine and Dentistry

Learn more at:

urmc.rochester.edu/community-health



Healthy Snacks & Free Raffle

This Got Health? talk is sponsored by the Center for Community Health & Prevention in partnership with the Central Library of Rochester & Monroe County.

The Central Library is accessible to people with disabilities. To request specific accommodations, call 585-428-8304 ten days prior to the program.

Can't attend? Join us on the Central Library's Facebook page for a live broadcast.



**Central Library
of Rochester &
Monroe County**
Monroe County Library System



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