

LUNCH AND LEARN

HOLIDAY BLUES: NAVIGATING STRESS, ANXIETY AND GRIEF DURING THE HOLIDAY SEASON



Thursday, December 11, 2025 • 12 – 12:30 p.m.

The holidays can be a joyful time, but they can also bring stress and sadness, especially for those who have recently lost a loved one. Join us to learn how to cope and manage grief, stress and anxiety during this challenging time. A question-and-answer session will follow the presentation.

Presented by:

Rev. Erin Sears Lea, MDiv, BCC
Chaplain, Methodist Le Bonheur Healthcare



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