

Join us at One Heart, One Soul Spirituality Center OR Nazareth Spirituality Center for this presentation:

## **SHADES of Stress – To Be or Not To Be**



The Christmas season can be filled with family gatherings, gift exchanges, decorating, shopping, cooking and more. For some, these celebrations bring with them a burden of stress that can steal the joy of the birth of our Savior. The SHADES of Stress (Sleep, Humor, Attitude, Diet, Exercise, Support) are tools that can be used to minimize stress. Come join us as we explore the differences between stress and stressors and examine ways to cope.

**One Heart, One Soul Spirituality Center  
2041 W. State Route 113  
Kankakee, IL 60901**

**WHEN: Thursday, December 1, 2022  
9:00 to 11:00 a.m.**

**Nazareth Spirituality Center  
717 N. Batavia Ave  
Batavia, IL 60510**

**WHEN: Thursday, December 8, 2022  
9:00 to 11:00 a.m.**

Sponsored by:  
***Servants of the Holy Heart of Mary***

Presenter:

**Judy Bumbul**

Judy's background includes certification from the Archdiocese of Chicago Lay Ministry Program, the Liturgical Institute of Chicago of the Office for Divine Worship, the Archdiocese of Chicago Diaconate Formation Program and the Mayslake Ministries Spiritual Direction Program. Her education includes a BA degree in Human Services at National Louis University, an MS degree in Counseling at National Louis University, and an MA in Theology at Catholic Theological Union.



To register, please follow this link:

**REGISTRATION**

Cost for this program: \$15

**PAY ONLINE**

For more information about our programming, please contact Susan Amann:  
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