

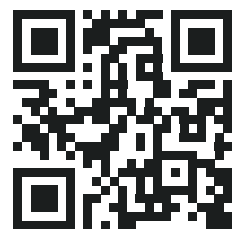


December is National Stress-Free Family Holidays Month

Find joy in memories this holiday season

Remembering happy moments shared with loved ones during the holidays can help with managing mental and emotional challenges like depression, anxiety and loneliness.

By embracing the joy cherished memories bring, you can experience a happier holiday season.



Scan the QR code to visit your member website for more information.

*Source: CBC
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