



Presented By The Lakes Area Chamber
Young Professionals Group

LIFE HACKS FOR STRESS MANAGEMENT

CHARGE UP 2021 WITH NIKKI O'DONNELL, M.A. LIMITED LICENSE PSYCHOLOGIST WITH VIEWPOINT PSYCHOLOGY. SHE ACCOMPLISHES THIS USING A WIDE RANGE OF TREATMENT METHODS, INCLUDING COGNITIVE BEHAVIORAL, ART AND PLAY THERAPY, AS WELL AS BEHAVIORAL MODIFICATION AND MINDFULNESS.

**JANUARY
12TH
9 - 10AM**

**HOSTED ONLINE
VIA ZOOM**



Join the Young Professionals Group with an amazing speaker! RSVP with the Chamber:

<https://lakesareachamber.com/ypg/>