

SIP, SHIMMER, AND SOOTHE — YOUR HOLIDAY RESET STARTS HERE.

CALM, COZY & CONNECTED

A HOLIDAY WORKSHOP TO SOOTHE THE SEASON

Feeling the holiday hustle? Join University of Illinois Extension for a relaxing, hands-on workshop designed to help you unwind and recharge. Enjoy light refreshments, gentle conversation, and creative activities that support emotional well-being.

Participants will enjoy calming stations like snow globe calming jar creation, tea blending, personalized ornament making, and festive essential oil scent blending—each designed to promote relaxation, mindfulness, and stress relief during the busy holiday season.

Saturday, November 15

9:00 A.M. – 11:30 A.M.

Cost: \$15 per person

Woodford County

Extension Office

1201 S. Main St, Ste 2

Eureka, IL 61530

For more information and to register,
scan the QR code or visit 
go.illinois.edu/WoCoHoliday



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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If you need a reasonable accommodation to participate in this program, please contact us.
Early requests are strongly encouraged to allow sufficient time for meeting your access needs.