



Self-Care for the Season Capacitar Holiday Wellness

Sponsored by Capacitar International via Zoom

Facilitators: Joan Condon, Trainer and Sheila Grady, Training Coordinator

*Feeling stressed or anxious around the holidays. Too much
to do? Too many places to be? Stressful memories?
Give yourself a gift this holiday season*

*Join us as we share Capacitar practices—tools to help you
let go of stress, manage your emotions and relax.*

Pre-Holiday Date

Saturday, December 12, 2026

Post-Holiday Date

Saturday, January 9, 2027

TIME

8:30 am to 11:00 am Pacific Standard Time
9:30 am to 12:00 noon Mountain Standard Time
10:30 am to 1:00 pm Central Standard Time
11:30 am to 2:00 pm Eastern Standard Time
4:30 pm to 7:00 pm England, Ireland, Scotland, Wales
5:30pm to 8:00 pm Continental Europe

To Register: Email Joan Condon (joan.condon@capacitar.org or
shelia.grady@capacitar.org) or www.capacitar.org

Suggested donation. \$25.00 To make a donation, go to www.capacitar.org, click the donor tab, make your donation and in the memo line after you enter your credit card information, please put Holiday Self-Care workshop.