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Happy Holidays!

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Y R E V E L E R S W K I S S N

Happy New Year!

From the list below, find each word and circle its letters in the puzzle to reveal the message relating to this week's theme.

BALL DROP
BUBBLY
CHANGE
CHEERS
CLOCK
CONFETTI
CUSTOMS
FEAST
FESTIVITIES
HOLIDAY
INVITATION
JANUARY
KISS
LET LOOSE
MEMORIES
MIDNIGHT

MUSIC
NOISE-
MAKER
PARADE
PARTY
PROSPERITY
REBIRTH
RESOLUTION
REVELERS
RING IN
SING
SPARKLERS
STREAMERS
TOAST
VOWS

Solution on page 20

Solution on page 20

HAPPY HOLIDAYS
FROM GOOD SHEPHERD!

7 tips for dealing with HOLIDAY STRESS

1. Take time for yourself
2. Stick to a budget
3. Learn to say no
4. Acknowledge your feelings
5. Keep things simple
6. Don't abandon healthy habits
7. Get plenty of exercise

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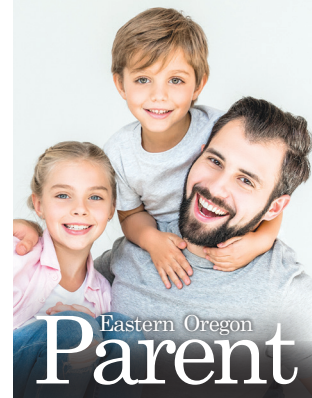


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