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**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 12/17/2015 4:14:40 PM  
**Subject:** Find Your "Happy Place" This Holiday Season!

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*Where is your "happy place"? Is it taking a jog in the park? Spending time with family? Driving with the top down?*

*At the Rosalynn Carter Institute for Caregiving, we understand the holidays can be a bit overwhelming. But they don't have to be. We encourage you to find your "happy place" - somewhere you can escape the stress and constraints of everyday life and feel completely at ease. Please, take time for yourself this holiday season to rest, relax, and recharge so you can be the best caregiver to your loved one.*

*Wishing you a peaceful and comforting holiday and a new year filled with hope, health, and happiness. From our family to yours, Happy Holidays. We hope you have a Merry Christmas and a Happy New Year!*

*~ Dr. Leisa Easom and the RCI Staff*

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