


# COPING During the Holidays in the Pandemic

*Presented by Kathy Aebel-Groesch, MSW, LCSW*

The holiday season can be stressful when managing chronic kidney disease and even more so during the COVID-19 pandemic. This webinar will explore how stress can affect our well-being along with coping tips for taking care of ourselves.



*About the Presenter:  
Kathy Aebel-Groesch is a licensed clinical social worker from St. Louis, MO. Prior to her current position as social work manager at DaVita, she was a dialysis clinic social worker for more than 20 years. Her interests include behavioral health and quality of life for people on dialysis.*



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**December 17, 2020**



**2:00 pm ET 12:00 pm MT  
1:00 pm CT 11:00 am PT**