



## **Be the Buffalo: Navigating Winter Wellness in the New Year**

Practical Tools for Mental Wellness, Energy, and Compassion  
*Presented by Aubree Ridley and Valerie Guile*

**WEDNESDAY, JANUARY 14, 2026**

*O'Neill's Restaurant & Bar*

*9417 Mission Rd, Leawood, KS 66206*

5:30 PM

6:00 PM

6:40 PM

**NETWORKING**

**DINNER**

**PROGRAM**



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One Woman at a Time.*

**MO-KAN CHAPTER**

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[www.abwamokan.org](http://www.abwamokan.org)

Winter can feel like a long mental and emotional storm. Shorter days, lower energy, and the pressure to “start fresh” in the new year often lead to increased sadness, anxiety, and burnout -- especially for women balancing professional and personal responsibilities. At Buffalo Roam Therapy Group, we use the buffalo as a symbol of resilience. While cows instinctively run from storms and remain in them longer, buffalo move directly through the storm, minimizing how long they are affected. This presentation explores how to apply that same principle to winter wellness through practical, compassionate, and evidence-informed tools.

Co-Founders Aubree Ridley, LCMFT a Licensed Clinical Marriage and Family Therapist and Valerie Guile, LCSW a Licensed Specialist Clinical Social Worker will share insights on:

- *A deeper understanding of how winter impacts mental health and motivation*
- *Simple, realistic strategies to manage winter sadness, anxiety, and burnout*
- *A compassionate, sustainable approach to the new year that supports long-term wellness*

***Invite a friend and reserve your spot today!***

Program & Dinner: \$25: Members \$27: Guests  
**Reservations AND Dinner Choice required  
by 6 pm Sunday, January 11, 2026.**

Details at [www.abwamokan.org](http://www.abwamokan.org)

