

How to Beat the Winter Blues

Friday January 17th at 11 am

Join us for an informative discussion on how to beat the blues in winter! Call it Seasonal Affective Disorder (S.A.D.) or just plain boredom from being inside all the time, people tend to get more depressed in the wintertime. It's cold, there's less sunlight and it's too icy to venture outside (i.e. the Senior Center) so we are susceptible to getting down in the dumps. Come hear Lorraine from the EMS talk about ways to shake off those winter blues! A positively uplifting lunch will follow the presentation!

Please RSVP to me at 203-268-1137.