

Community Coffeehouse

Series

at Carrier Clinic



Join us for coffee & conversation

Wednesday, February 22, 2017

6:45-8:45pm in the Visitor's Lobby at Carrier Clinic

Don't be S.A.D.—Beating the Winter Blues!

Is it the winter blues, or something more serious? One in four people experience gloom in the winter months, and eleven million Americans have the more severe form of depression in the winter known as Seasonal Affective Disorder (SAD).

Mindy Altschul, LCSW will lead this conversation about Seasonal Affective Disorder, and teach participants how to tell the difference between winter doldrums or a more significant form of depression. Potential treatment options and other solutions will be discussed.

While Carrier Clinic's Coffeehouse Series represent our best efforts to provide useful information and guidance, this session is not intended to offer clinical advice.

This program is **FREE**—but space is limited.

RESERVATIONS REQUIRED. Please RSVP by 2/21 at
CarrierClinic.org/events/community-coffeehouse-series
to secure your seat.



Coffee and light refreshments will be served.
252 Route 601, Belle Mead, NJ 08502
800-933-3579 · CarrierClinic.org