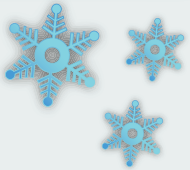


Winter blahs or winter blues?



Feeling down, bored and unmotivated

Caused by winter's shorter days, less light and feeling shut in



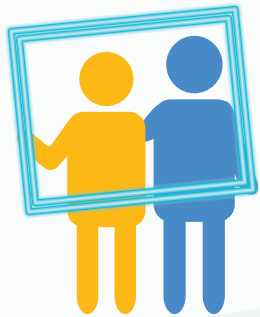
SAD:
Seasonal Affective Disorder

Depression, typically in the winter months



Remedies

Spend time outside

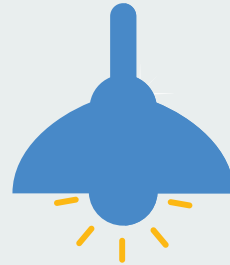


Connect with friends

Exercise



Light therapy



Medication



Counseling



Give us a call to get help with the blahs or the blues.