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Beat the Winter Blues

A Workshop Led by Amanda Craig, Ph. D, L.M.F.T.
and Amy Kiser, Nutritional Therapy Practitioner

With the fun of the holidays over, cold weather starting to wear on us, and more darkness than light to our days, we often start to get a case of the blues. Seasonal blues can range from mild for 10-20% of individuals in the US to more severe seasonal depression, known as Seasonal Affect Disorder (SAD) for half a million individuals according to the Cleveland Clinic. This educational workshop about the seasonal blues provides strategies to overcome them.



Topics that will be covered:

- Symptoms of seasonal blues
- When seasonal blues can occur (not just in winter)
- Strategies to overcome seasonal blues
- Nutrition that can improve mood and health

Details:

Date: Thursday, February 7 from 7:30 - 8:30 pm

Fees: \$15 for members \$20 for non-members

Attendees will receive 5 free class passes to use during the Y's Mindful March, a yoga, Pilates and meditation class challenge and will also receive 20% off a 1-hour massage.

Registration for this workshop is required at the Darien YMCA Front Desk or online at www.darien-ymca.org. Please email questions to jvansciver@darien-ymca.org.

DARIEN YMCA

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