



SAD

Seasonal Affective Disorder

It's Not Just the Winter Blues

Seasonal Affective Disorder (SAD) is a type of major depression related to the changes of the seasons. Most often, people experience SAD during the winter months. Signs and symptoms of this condition should be taken seriously.

Join January's Healthy Hints to learn more about risk factors and signs of SAD, how it is diagnosed and possible treatments.

Greendale Wednesday, January 9 at 12:30pm

Mills Wednesday, January 16 at 12:30pm

Coleman Thursday, January 17 at 12:45pm

Trailside & Sanford Thursday, January 24 at 12:15pm

We encourage you to come for lunch the day of the program. For lunch, call the center you plan to attend before 9:00am of that day to make your reservation.



Senior Services • 4700 Dublin Ave. • Midland, MI 48642