

February – the Blue Month

Enhance Your Well-Being:

TUES, FEB 5, 2013

11:00AM – 1:00PM

Woodlands Room, Athabasca and Adobe Connect

- o Better Understand symptoms of depression and anxiety
- o Identify seasonal affective patterns (S.A.D.)
- o Practical ideas to enhance your mood and increase your emotional resilience and coping skills
- o Learn guidelines for lifestyle changes that avert “S.A.D” times



Bring your lunch and we will provide refreshments



Dr. Judi Malone
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(Alberta and Australia)
Certified Canadian Counsellor, MAPS
Australia
Psychology, AU Canada,
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Adobe Connect for Power Point:
<https://connect.athabascau.ca/wellness/>

Teleconference details for Audio:

*Participant Code: 56567
Dial in Edmonton: (780) 421-1483
Dial in Calgary: (403) 232-0994
Toll Free: (877) 385-4099
Press *6 to put phone on mute.*