



*A Healthy
Monday Program*

CAN'T BEAT THE BLUES?

Depressive episodes are most common in mid-life but may also affect many older Americans.

Although they may be triggered by an emotional event, medical science has proved a physical or chemical imbalance plays a large role in the condition.

Sharon Kelly, a Counselor for Atlantic Behavioral Health, will explain symptoms and treatments for Depression, as well as mood-enhancing activities.

Monday, March 10 at 2:00PM

**Parsippany-Troy Hills Public Library System
Main Library, 449 Halsey Road, Parsippany, NJ**

*****There will be a door prize and refreshments***

To register: Call Judy Fenelon 973-887-5150,
ext. 211 or e-mail: judith.fenelon@mainlib.org