Fridays January 8, 15, 22 & 29 - 11:00 - 11:30 A.M.

Do you ever feel sad or just “blah” in the winter? Maybe you suffer from Seasonal Affective Disorder (SAD), or a milder form of this condition we commonly refer to as the "winter blues."

In this four-part webinar series, OSU Extension Educators will share information about SAD and what you can do to beat the winter blues. Topics will include:

January 8 - Beat the Winter Pandemic Blues! – presented by Shannon Carter
January 15 - Beat the Blues by Unplugging – presented by Jenny Lobb
January 22 – Beat the Blues with Exercise – presented by Misty Harmon
January 29 – Beat the Blues with Humor – presented by Lorrissa Dunfee

Register to participate in this free webinar series at go.osu.edu/beatingthewinterblues.

For more information about the series, contact Jenny Lobb by email at lobb.3@osu.edu or by phone at 614-292-7775.

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