



Seasonal Affective Disorder (SAD) Combating the “Winter Blues”

Free Community Event

Monday, January 9th from 7 - 8:30 p.m.

Faith Lutheran Church

306 Abbot Ave SW, Madelia, MN

Seasonal affective disorder (SAD) is a type of depression that is related to changes in the seasons. It begins and ends at about the same times every year, usually starting in fall and ending in spring. At this event learn:



- Causes, symptoms and treatment of SAD
- Tips to keep your mood and motivation steady through the year.
- When to seek medical help.
- Presented by Dr. Owadini Bandara, a Family Medicine Provider at the Madelia Community Hospital & Clinic
- Refreshments will be served.

Mark your calendar for **MENTAL HEALTH MONDAYS** the second Monday of each Month!



Topic for Monday, February 13th:

Mindfulness - Maintaining a healthy awareness of you!

Questions? Call Deidre at 507-642-5210



This Community Event is sponsored by *Faith Lutheran Church* and the *Madelia Community Based Collaborative (MCBC)*. MCBC is a local group comprised of volunteers from: Madelia Community Hospital & Clinic, Minnesota State University, Mankato School of Nursing, Glen Taylor Nursing Institute for Family & Society, Watonwan County Human Services, University of Minnesota Extension, Statewide Health Improvement Program, Luther Memorial Home, Madelia Ministerial Association, Madelia School District, and Tony Downs Food Group.