Beth Glick Joins BronxNet to Speak About the "Holiday Blues"

Geriatric mental health specialist, Beth Glick, joined BronxNet to talk about what the "holiday blues" are and how to help yourself or a loved one experiencing the blues.

Click <u>here</u> to watch the full interview.

Source BronxNet Display Featured Image 1 Is External 1 External URL https://www.youtube.com/watch?v=0mz040Ughc8 Utility Tile Array