

Beth Glick Joins BronxNet to Speak About the “Holiday Blues”

December 21, 2023

From BronxNet

By Our Experts

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 [here](#) to watch the full interview.

Source: <https://www.vnshealth.org/about/newsroom/articles/beth-glick-joins-bronxnet-to-speak-about-the-holiday-blues/>

Source: <https://www.vnshealth.org/about/newsroom/articles/beth-glick-joins-bronxnet-to-speak-about-the-holiday-blues/>