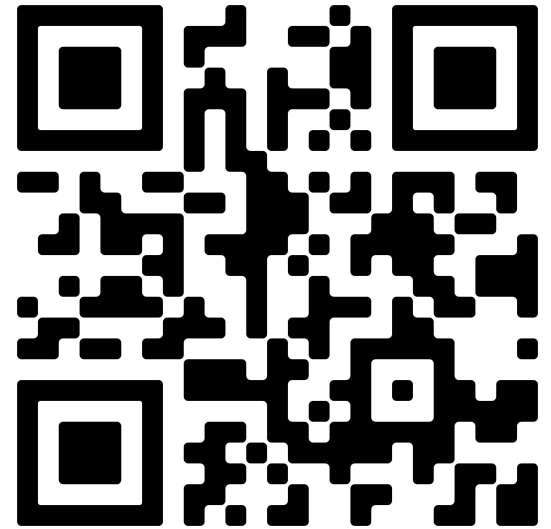


# Holiday Blues

VNS Health's Community Collaboration hosts this presentation

**Thursday**  
**December 8, 2022**  
**2PM - 3PM**

Seasonal depression can hit particularly hard during the winter holidays. We'll give you information and ideas to fight the blues. Make your peace with winter!



[Click here](https://bit.ly/3CF5Xfd) or use the following link  
<https://bit.ly/3CF5Xfd> to register  
for the presentation.

For more information contact  
[communityco@vnshealth.org](mailto:communityco@vnshealth.org)

