



Beating the Winter Blues

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 Family and Consumer Sciences Extension Educators will share information about SAD and what you can do to beat the winter blues.

When: *January 11, 2022 at 1 pm*
Beat the Winter Pandemic Blues
Shannon Carter
Fairfield County

January 18, 2022 at 1 pm
Beat the Blues by Unplugging
Jenny Lobb
Franklin County

January 25, 2022 at 1 pm
Beat the Blues with Exercise
Misty Harmon
Perry County

February 1, 2022 at 1 pm
Beat the Blues with Humor
Shannon Carter
Fairfield County

Where: Fairfield County District Library—Main Branch
219 N. Broad St, Lancaster, OH
or via Zoom

Registration: fcdlibrary.org or
Call 740-653-2745, ext. #160
(Zoom link will be provided upon registration if you
would like to attend virtually.)

Cost: Free

