

***FREE PRESENTATION!***

***Welcome the Winter Solstice***

**“How to Manage SAD”**

**(Seasonal Affective Disorder,  
or The “Winter Blues”)**

**Psychologist Gerald T. O’Brien, Ph.D.**

**will present at 2 different times:**

**Thursday December 20, 2018: 7:00—8:30 pm**

**Friday, December 21 (the Winter Solstice):**

**1:00—2:30 pm**

**Anxiety & Agoraphobia Treatment Center**

**112 Bala Ave., Bala Cynwyd, PA 19004**

**FREE. Space is limited.**

**Call 610-667-6490, ext. 24 to register.**

**18 & over (16—17 with parent)**

**Light refreshments will be served. Join us!**