

Annual Business Meeting and General Education Presentation.

December 6, 2023, 7 - 8:30 p.m.

Join us to hear a recap of what we accomplished in 2023.

We will also present a slate of nominees for affiliate board of directors and officers.

Please Join NAMI Lake County Illinois on December 6th via Google Meet.



SEASONAL DEPRESSION and ANXIETY

**Presenter: Mary Gubbe Lee, MS, LCPC
Training Consultant**

With time changes, shorter days, and inclement weather driving people indoors, seasonal depression affects about 5% of adults annually and can last up to 40% of the year. It is 4 times more common in women than men. Seasonal affective disorder (SAD), this recurrent major depressive disorder has a pattern of seasonal emergence and remission. Anxiety creates feelings of nervousness, worry, or dread.

Mary will discuss the cause, symptoms and how to help one see the light when faced with the

Winter Blues.

