

# BEATING THE WINTER BLUES



**Thu. January 11**  
**4:00-5:00 pm**  
**Midway Branch**

Presented by

**Cassie Prather**

Director, Woodford County Health Dept.

Many of us feel lethargic or sad during the winter months with less sun and decreased activity. Learn practical tips to recognize and address these feelings so your days and nights are better, then come to Let's Journal on Jan. 25.

**Sign up at the Circulation Desk.**



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