

# Chasing the Blues Away



Everyone is happy at holiday time — right? Wrong.

Truth be told, many people feel lonely, sad, anxious and depressed at this time of year.

Learn how to *chase the “Blues” away*. Come join us for a cup of hot Chocolate, chair massages, Chinese calligraphy, a *Wii* Competition, and free and confidential depression screenings

Thursday, November 29, 2012

12pm-2pm

1526 Webb Center  
Counseling Services

Co-sponsors: Counseling Services, Recreation Sports and Wellness, Women's Center, Active Minds, Dining Services, Health Promotion