

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

*January 18, 2022 at 1 pm*  
*Beat the Blues by Unplugging*  
Jenny Lobb  
Franklin 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](https://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

