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 18, 2022 at 1 pm  
Beat the Blues by Unplugging  
Jenny Lobb  
Franklin County

January 25, 2022 at 1 pm  
Beat the Blues with Exercise  
Misty Harmon  
Perry 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:  
fcldlibrary.org or  
Call 740-653-2745, ext. 160  
(Zoom link will be provided upon registration if you would like to attend virtually.)

Cost:  
Free