

Beating Winter Blues

Virtual Lunch & Learn



Join *Chris Zellers*, FCHS Educator/Assistant Professor via Zoom as she identifies symptoms of winter blues, defines Seasonal Affective Disorder, shares tips for beating the winter blues, and helps you set a SMART goal to beat the winter blues.

Thursday, January 28, 2021 * 12:15 p.m. to 12:45 p.m.

Register in advance for this program at:

<https://go.rutgers.edu/ow1vtel4>

After registering, you will receive an email with information about joining the meeting.

County Employees who attend this class will earn 5 Wellness Incentive Points!



Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.