

# Wellness Session



## Strategies for Dealing with SAD: Seasonal Affective Disorder



**Monday, December 8th, 12:00–1:00 pm**  
**Presented by Karmen Bleich**

Karmen Bleich is the Program Director at Fairchild's Senior Life Solutions, an outpatient mental health program designed for older adults.

Join Karmen as she will be discussing strategies for dealing with SAD (Seasonal Affective Disorder):

- Recognize common symptoms and how they differ from winter blues
- Learn affective strategies to manage SAD
- Understand the relationship between sleep, vitamins, light exposure and SAD

