

Beating the Winter Blues

Free In-Person Lecture



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Topics will include:

- What is SAD and why it matters
- Which one works best: finding the right exercise modalities for you
- Exercise is medicine
- Practical tips for getting outside & planning social time in the winter
- Make exercise work for you!
- Nutritional changes through the seasons

Monday, January 26

6:15–6:30 pm

Check-in

6:30–7:15 pm

Presentation

7:15–7:30 pm

Q&A

Speakers

Ajay I. Marken, MD

Melissa Mastoridis, MS, EP-C

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This lecture is free and open to the public.

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