



"Deaf Health Talk"

Sponsored by a Grant Provided by the Center for Community Health
In Collaboration with RRCD's **R.E.A.P**
DHCC is a Community Partner of the NCDHR

Topic: ***"Depression and Anxiety- How to Beat the Winter Blues"***

Date: February 18, 2010

Time: 7:00-8:30 PM

Location: Rochester Recreation Club for the Deaf
1564 Lyell Avenue, Rochester, NY 14606

We will talk about depression and anxiety disorders and how we can prevent and treat this. We will also talk about how to beat the "winter blues." Members of DHCC and a guest speaker: Amanda O'Hearn, PhD from Deaf Wellness Center, will present in ASL.

Areas of discussion:

1. Types of depression and anxiety disorders
2. Prevention
3. Management

- There will be a question and answer time for you to ask both the doctor and deaf health educators!
- Healthy refreshments will be served.

Come and join the fun as you learn important points that can help you lead a healthier life!

SAVE THE DATE! Next Deaf Health Hot Talk: March 18.