

St. Vincent's Behavioral Health Services & The Westport Human Services Dept.

Invite you to attend a FREE community lecture:

Fighting the Winter Blues



Presentation by:
Dr. Asini Gunawardana

January 26th, 2010
12:00noon — 1:30pm

Westport Public Library
McManus Room
20 Jesup Road
Westport, CT

Light Refreshments will be Provided!!

Learn about:

- **Depression During the Winter Months**
- **Seasonal Affective Disorder**
- **Ways to Cope**

Dr. Asini Gunawardana is a staff psychiatrist at St. Vincent's Behavioral Health Service and Hall-Brooke Behavioral Health Services

For questions, please call: (203) 341-4532
Or email: rmettlen@stvincents.org
Visit: www.stvincentsbehavioralhealth.org