



Wellness Committee Hosts: **DEPRESSION Helping Yourself and Others Webinar**

Description:

Depression is prevalent and yet we don't talk about it much. During this program we get past the stigma and address this prevalent condition. Learn to recognize symptoms of depression and discover ways to help yourself and others.

.....
Date: March 23, 2016
Time: 3:00 - 4:00 p.m.
Instructor: Sandy Brown
Location: Webinar
.....

Special Instructions:

This one-hour webinar is available to all full-time employees. You do not need to register for the workshop. A separate email message will be sent with details on accessing the training. If you are not able to participate on this date, the webinar will be recorded and available at a future date.

To Access the Webinar

<http://ndbh.adobeconnect.com/depression/>

Phone: (888) 330-1716
Access Code: 588982

WEBINAR – AUDIO OPTIONS

Listen through your computer speakers

OR

Please ensure you do not have both audio systems engaged. Computer speakers are the preference.



For more information
Contact Human Resources

Presented By:

