



# Wellness Wednesday

Weekly health & wellness tips for Grand County.

## Beating Winter Blues

Shorter, colder days. More time in the the dark. While there's no clinical diagnosis for "winter blues," experts say 10 to 20 percent of American adults report feeling more down than usual, sad and less energized during winter months.

**With that in mind, the Wellness Committee and CSU Extension invite you to join us for:**

### **Anxiety, Depression and Coping during the Winter Months**

with Kirsten Wulfsberg, LPC

**THURSDAY, JANUARY 11**

**10 a.m. BOCC Meeting Room**

Kirsten is the Regional Behavioral Health Specialists with CSU-E, covering the Mountain Region and also represents Colorado AgrAbility Project. For 20 years, Kirsten completed and taught crisis psychiatric assessments (suicide, homicide, psychosis, substance use) in the hospital setting. Kirsten is passionate about helping people gain personal insight and tools to help recognize the ups and downs of life (as well as mental health issues) and work towards managing them before they become a crisis.

