

Battling the Winter Blues with Prairie St. John's

As the days get shorter, many people find themselves feeling sad. In this free presentation we will learn tips to manage our emotions during the tough winter months. We will also learn what signs and symptoms to watch for in ourselves and others.

Tuesday, January 4th from 6-7 p.m.

Find us here:
Breckenridge Public Library
205 7th St N
218-643-2113
breckenridge@larl.org | larl.org

