

Addressing the Winter Blues

Tuesday, January 28th, 10:00am-10:45am
West Windsor Senior Center (Double Classroom)

Mental health matters, all year round!
With colder temperatures and less daylight this time of year, we may find ourselves feeling sad or low on energy.
The West Windsor Health Department invites you to attend our presentation on mental health and depression, facilitated by two of our public health nurses.

Together, we can start the conversation about mental health.



West Windsor Health Department

Serving the communities of West Windsor, Robbinsville, and Hightstown

(609) 936-8400



Public Health
Prevent. Promote. Protect.