

Beating the winter Blues

Tips for staying psychologically healthy

Tuesday 26th July 2011

This evening for the general community, will include an overview of

- Common mental health problems
- Tools for managing the symptoms
- Tips for supporting those you know

Presenters **Elizabeth Woodcock**, Psychologist
Erina Wilkey, Psychologist

Where 11 Lowe Street
Merrylands

Time 7:00pm – 9:00pm

Cost \$15

RSVP **25/7/2011**

To register, please contact us

Phone 9760 1110

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Colleen Hirst & Associates

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