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Notes from editor (not for publication):

HEADLINE ELEMENTS:

####BEGIN HED####

Rotary presentation looks at anxiety, depression

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TEXT BODY:

####BEGIN TEXT####

The Rotary Club of Deerfield Valley presents “An Overview of Anxiety and Depression,” by Sarah Bush, LICSW, and Shannon McAvoy, captain of epic wellness at Mount Snow, Monday, Jan. 12, at 7 p.m. at St. Mary’s in the Mountains, 13 East Main St.; the snow date is Jan. 13.

The public is invited and refreshments will be served.

Bush and McAvoy will address topics such as: the definition of anxiety and depression, signs and symptoms of both,

12 coping strategies and resources, what to do for oneself or a loved
13 one who may be suffering with either.

14 "Please join us as we look at how anxiety and depression
15 can affect your everyday life," wrote organizers in a news release.
16 "Did you know that ski towns have been found to have higher
17 rates of depression? Sarah and Shannon will discuss this and will
18 have time to take any questions you may have."

19 Secure seating at this presentation by sending an email to
20 rotarydvf@gmail.com by Jan. 9.

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BIO/COATTAIL:

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LAST ISSUE IN WHICH THIS FILE CAN BE RUN:

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LINKS:

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VIDEO:

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LOGLINE (SOCIAL MEDIA):

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