

Speaking *of* Health

The public is invited to attend a free presentation

Beating the Blues

- **What is depression?**
- **What are the signs?**
- **What causes depression?**
- **Can winter make you blue?**
- **Does counseling help?**

Featured Speaker

Annette Bremer, M.S.

Licensed clinical social worker

Fairmont Medical Center–Mayo Health System



Annette Bremer, M.S.

Thursday, January 28, 7 p.m.

Fairmont Medical Center, Main Classroom

One contact hour available

Refreshments served at 6:30 p.m.

Register for Door Prizes!

Fairmont Medical Center

Mayo Health System

800 Medical Center Drive, Fairmont, MN 56031

Fairmont Medical Center's regional clinics include Armstrong, IA, Sherburn, MN and Truman, MN