




FEBRUARY 27

BEATING THE BLUES THIS WINTER

When the weather gets cold, so does are mood. Join the conversation this February 27th and learn how to recognize signs of winter blues and how to beat them through activities and foods to spice things up.

 *Persevere. Achieve. Celebrate.*
With Healthy Living Primary Care

**February Group
Meeting:**

**Stay warm this
winter**

**Discuss activities
and habits to help
keep our mood
thermometer up**

**Recognizing the
“blues” and how
to prevent them**

HEALTHY LIVING PRIMARY CARE

2545 E. Bidwell Suite 110
Folsom, CA. 95630
(916) 983-8868
Healthylivingpc.com

Feb. 27th at 5:30 pm