



Depression...Share the Secret

Topics:

- ◆ Reducing the stigma of depression
- ◆ Recognizing the symptoms of depression
- ◆ Lifestyle approaches to treat depression
- ◆ Local resources to support wellness

Tuesday, March 15, 2016, 5:30 to 7:30 p.m.

Durango Recreation Center
Sunlight & Windom Rooms

Light dinner provided 5:15 to 5:30

SPONSORED BY:



Mercy Regional Medical Center
Centura Health.

LWV LEAGUE OF WOMEN VOTERS®
OF LA PLATA COUNTY

Panel Members:

- ◆ Mark Fallon-Cyr, MD
Child, Adolescent & Adult Psychiatry
- ◆ Stephanie Allred, PhD
Senior Clinical Director
Axis Health System
- ◆ Nicola St. Mary, ND
Licensed & Board-Certified Naturopathic Doctor
Pura Vida Healthcare
- ◆ Jenny Treanor, LPC, CEAP
Certified Employee Assistance Program Coordinator
Centura Health