

LEARN HOW TO MAKE YOUR DAYS BRIGHTER



with light therapy and dawn simulation while improving your mood and sleep patterns with UW Professor Emeritus, Dr. David Avery of Psychiatric Medicine Associates.

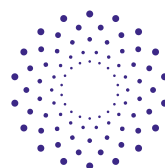
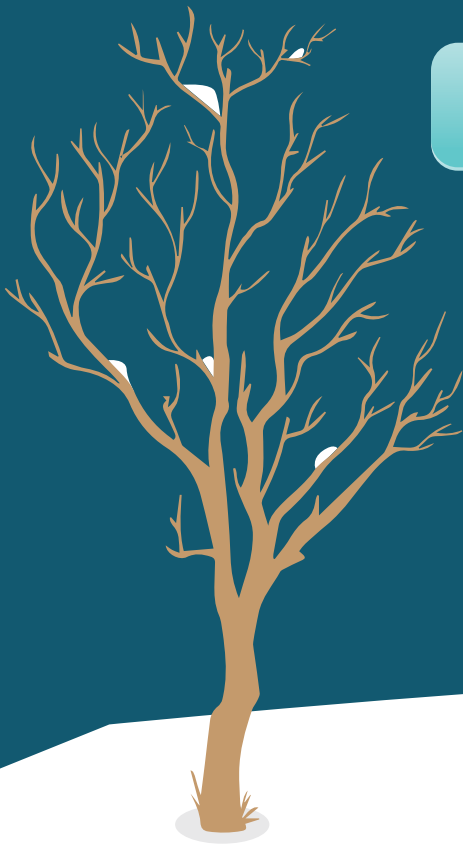
JANUARY 21, 2015 | 5:00 – 6:00P.M.

UW Tower Auditorium

Do the shorter days, rain, and chillier weather cause you to have low energy, increased irritability, increased weight gain or difficulty waking up in the morning? If so, you are not alone.

Join Us and Register!

bit.ly/UWWinterBlues



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