

Senior Health & Fitness Program Presents:
Health & Wellness Lecture Series

Topic: “Seasonal Affective Disorder: Signs,
Symptoms and Treatment”



Speaker: Alison Thomas-Cottingham, PhD
Associate Professor
Rider University

Date: Wednesday, January 26, 2022

Time: 11:00am to Noon
(45-minute presentation, 15 minutes Q&A and boxed lunch)

Location: Meals on Wheels in Hunterdon, Inc.
5 Walter Foran Blvd, Suite 2006, Flemington, NJ

Registration is required. Seating is limited to the first 10 people. Boxed lunch is courtesy of Meals on Wheels in Hunterdon. Suggested meal donation is \$5.25.

To register email your name, phone number, address, and email address to Eleanor Langeveld at: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

*Sponsored by Hunterdon County Division of Senior Disabilities & Veteran Services and Meals on Wheels of Hunterdon County, Inc.
Program is for residents of Hunterdon County that are 60 years or older.*