



the "facts" of food, fun and later life...!

# Dr. Anne Miller, Psychiatrist Door County Community Programs ITV Q and A on DEPRESSION

## Thursday MARCH 18, 4:30 PM ~ SCHOOL COMMONS

On Thursday, March 18, at 4:30 PM, School Commons, we are switching things up a bit. **NO LUNCHEON IN MARCH**, however Dr. Anne Miller, the psychiatrist at Door Community Programs, will give an ITV (Interactive TV) TeleHealth talk on all the issues surrounding Depression. Whether you suffer from depression yourself, or are dealing with a loved one who suffers, we are all affected by the serious repercussions and symptoms of depression. Because it is so pervasive, particularly in colder climates, we want to reduce the stigma that has been attached to it in the past and unfortunately, still in the present today. When we bring it out in the open and shed light on its power, we can help decrease that darkness. It is our hope and intention, between the Family Center and WICHP, that with Dr. Miller's expertise, she can guide us and give helpful and hopeful solutions that can be brought up, discussed and shared. Because this program is offered at **4:30 PM**, we can offer this to people that might not otherwise be able to attend during lunchtime. The ITV system at Washington Island School will allow us to bring Dr. Miller to us as we are so fortunate to have this capability. **PLEASE MAKE RESERVATIONS with Laura at 847-2679 as there is limited space.**

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