



*presents*

## ***Seasonal Affective Disorder***

# **LITE LUNCH & LEARN**

*featuring*

**Dr. Walter “Cal” Johnson**

LU Social & Behavioral Sciences Dept. Chair

**Winter Time Blues: Seasonal  
Affective Disorder**

Jefferson City, Missouri

**&**

**Dr. Nadia Navarrete-Tindall**

LUCE Native Plant Specialist

**Strategies for Preventing Seasonal  
Affective Disorder with Native Plants**

Jefferson City, Missouri

**Date: Wednesday, November 28, 2012**

**Time: 10 a.m. to 1 p.m.**

**Address: Lorenzo J. Greene Hall  
900 Leslie Boulevard, Room 123  
Jefferson City, MO 65101**

**Phone: (573) 681-5530**

*This is a free event and a lite lunch will be served.*

*Due to limited seating, please RSVP by Monday, November 26, 2012.*

**You may also attend via videoconference from one of our regional offices.**

**Call your nearest location to save your place!**

**Kansas City Urban Impact Center: (816) 841-3958**

**Southeast Missouri: (573) 471-3059**

**St. Louis Urban Impact Center: (314) 867-4915**

This program is funded in part with funds from the Missouri Department of Health and Senior Services, Office of Minority Health.

The facility is handicap accessible and has plenty of parking.

***PJCCMHA—Promoting Healthy Aging for Minority and Underserved Seniors***

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