

Health and Wellness Talk



Depression

Thursday April 13, 2017

1:00-2:00

Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.

we will discuss foods/activities/practices/professionals/treatment etc.

This program is for seniors 60+

Cambridge Citywide Senior Center

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