**Email blurb for SAD LNL**

Dreading the Winter months lately? Feeling signs of depression but not sure why it’s happening or if it is even depression? Noticing physical, emotional, and mental changes in yourself that only occur during the colder months?

Come check out EWSNetwork’s Seasonal Affective Disorder Lunch and Learn! This will be a great opportunity for you to learn more about SAD, how it’s different than the “winter blues,” how to spot it, and a variety of different ways to treat the symptoms. Even if you don’t think you have SAD, you may pick up on some tips that you can help a family member, friend, or colleague.

[INSERT DATE, TIME, LOCATION]