

# TRS-ActiveCare SEASONAL AFFECTIVE DISORDER



Tune in to a wellness webinar created just for you! This presentation about Understanding Seasonal Affective Disorder will cover:

- what Seasonal Affective Disorder is
- risk factors and symptoms
- diagnosis and treatment options
- lifestyle tips

Register Today  
**Wednesday, December 17, 2025**

Click or scan here for  
Noon - 12:45 p.m.



Click or scan here for  
5 p.m. - 5:45 p.m.



768843.0425



**BlueCross BlueShield** of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association