

TRS-ActiveCare HOW TO BEAT THE WINTER BLUES



Tune in to a wellness webinar created just for you! This presentation covers:

- winter blues vs. seasonal affective disorder
- risk factors
- symptoms
- treatment

Register Today

Click or scan here for
Monday, Dec. 14, 2026
Noon - 12:45 p.m.



Click or scan here for
Wednesday, Dec. 16, 2026
Noon - 12:45 p.m.



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