

# Dine & Discover

**FREE FOOD, EDUCATION AND CONVERSATION**

*Hosted by the Chisago Age Well Coalition*

**Wednesday, Nov. 13, 2019**

## ***'Beating the Holiday Blues: Overcoming Depression and Loneliness'***

Presenter Selena Stevens of Therapeutic Services Agency, Pine City, will offer helpful approaches for recognizing and dealing with the increased stress, anxiety and isolation that can lead to the holiday blues.



Selena Stevens, MA  
*Therapeutic Services  
Agency, Inc.*

**— Registration Requested by Nov. 6 —**

**Choose one of three times and locations.**

Check-in begins 30 minutes before each session.

**9 - 10:30 a.m. Chisago County Community Center,**  
38790 6th Ave., North Branch - Brunch served.

**12 - 1:30 p.m. Chisago Lakes Area Library,**  
11754 302nd St., Chisago City - Lunch served.

**3:30 - 5 p.m. Giese Memorial Library**  
26855 Forest Blvd, Wyoming - Box lunch served.

Register at [www.nbaceonline.org](http://www.nbaceonline.org), and scroll to Senior Offerings or by calling (651) 674-1025. Questions: [natalie.matthewson@cmcoa.org](mailto:natalie.matthewson@cmcoa.org)

