

# IS THIS WINTER WEATHER MAKING YOU *BLUE?*



You may be experiencing SAD, or Seasonal Affective Disorder. Seasonal Affective Disorder is quite common during the winter, especially if you are not receiving adequate exposure to sunlight. The Center for Counseling and Human Development is excited to launch our Light Box Therapy Program this semester on October 2nd. Students will be able to come to the Center for Counseling and Human Development located on the 3<sup>rd</sup> floor of Lyle hall and sit in front of our light boxes while completing work for a few times a week. Light box Therapy mimics outdoor sunlight, which can create a chemical change in the brain and lift your mood.

For More Information contact Dr. Lisa House at [Lisa.House@millersille.edu](mailto:Lisa.House@millersille.edu) or call 717-871-7821