



**VIRTUAL
WEBINAR**
February 1, 2023
12:00 PM – 1:00 PM
Register today!

Seasonal Depression and Burnout

Whether you call it “winter blues” or winter blahs, it is estimated that over 40% of the populations have at least one symptom of seasonal depression. Additionally, anyone exposed to chronically stressful conditions can experience burnout.

Join Dr. Angelea Panos a licensed clinical psychologist, marriage and family therapist and clinical social worker with 30 years of clinical and health care experience. To learn more about seasonal depression and burnout. For any questions email leahlobato@utah.gov

