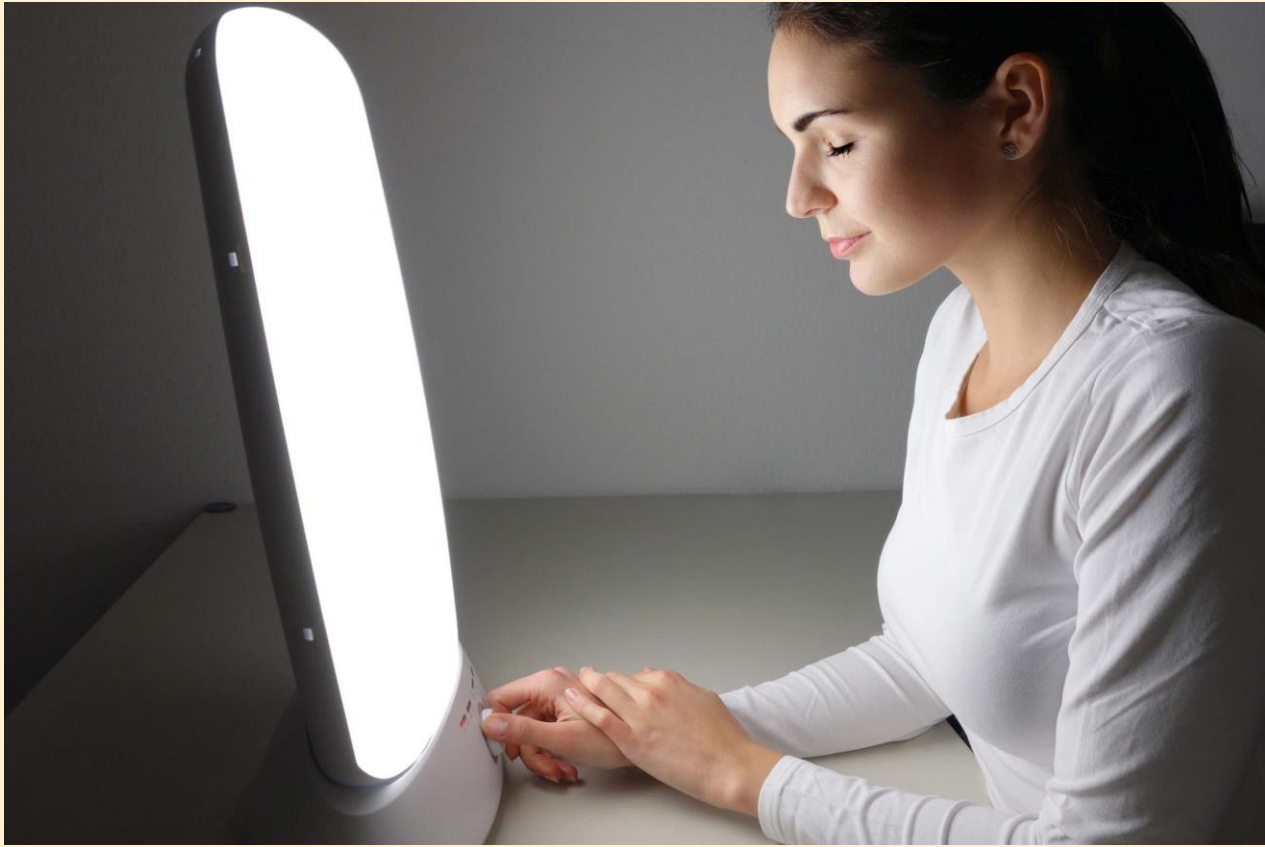


# Lightbox Therapy

AVAILABLE OCTOBER-MARCH



## Are the winter months making you feel BLUE?

You may be experiencing Seasonal Affective Disorder, also known as SAD. SAD is caused by a reduction of sunlight during the winter months. This decreases the body's serotonin levels, and as a result, decreases overall mood. SAD is very common during the winter months, but there are ways that we can help:

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**The Center for Counseling & Human Development** offers students an opportunity to use lightboxes that mimic outdoor sunlight. This program runs from the beginning of October until the end of March. Call 717-871-7821 to make your appointment today!