During these long winter days, if you are...

- Feeling down
- Lacking energy
- Sleeping too much
- Craving sweet and starchy foods
- Avoiding social situations
- Feeling irritable
- Having trouble concentrating and finishing work

...you may be suffering from Seasonal Affective Disorder (SAD)

The BSU Student Center for Health & Counseling in Cedar Hall offers one of the most effective treatments for SAD - Light Therapy.

Phone: 218-755-2024 or https://bsuhealth.bemidjistate.edu to schedule an appointment.

Don’t be Sad
SAD - Seasonal Affective Disorder