

Campus Wellness Event

PRESENTS

Thrive and Survive Understanding and Coping with Depression

Speaker Topic

Depression is a very common concern in our world today. Men, women, and children can be affected. Increase your understanding of depression and be informed of important coping strategies that may help you, a family member, or a friend to both *survive* periods of depression and to *thrive* in the coping process..

Speaker

Sheila Wakeley is a Licensed Clinical Social Worker, and has served as a member of the VSU Counseling Center staff since 1993. She has over 25 years of experience in the mental health field, and enjoys working with people on a variety of issues and concerns

Join us Friday, October 3rd, 2008
from 12:30 to 1:30 p.m.
in the Palms Faculty/Staff Dining Room

Enjoy a special buffet lunch for \$7.49, or a meal plan swipe.
Space is limited please RSVP by calling 259-5105
or online at www.valdosta.edu/finadmin/training

Menu

Caesar Salad
Lemon Dijon Chicken
Broccoli w/ Feta Cheese
Garlic Mashed Potatoes
Pineapple Cheesecake

