Please RSVP
213.201.1331

Breakfast & Refreshments will be Provided!

SPA 6

APLA Health

Education Center
3743 S. La Brea Ave.
Los Angeles, CA
90016

APLA Health

Understanding and Managing Depression

Thursday, May 23

10:00AM-11:30PM

This **free** workshop covers:

- Recognizing the signs of depression
- Understanding how mental health impacts our behavior, relationships and decisions
- How to manage depression