

MIND OVER MOOD



Wednesday, January 25, 2006

7:00 - 8:30 p.m.

Radisson Paper Valley Hotel, Appleton

Sponsored by ThedaCare Behavioral Health

Attend and discover the power of Mind Over Mood

- Use your mind to fight off depression, anxiety, and other stressful moods
- Learn the thoughts and behaviors that lift your moods
- Take home skills you can use right away to feel better.

Internationally known author Christine Padesky, Ph.D., offers tips from her best-selling book, *Mind Over Mood: Change how you feel by changing the way you think* (Greenberger & Padesky, Guilford, 1995). If you already own her book, bring it with you to obtain the author's signature.

There is no charge for this program, but registration is required. To register, visit www.thedacare.org. Click on the red bar "Classes and Events." If you do not have computer access, call (800) 236-2236 or (920) 830-6877. Attendance is limited, so register early!

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