

# be well

A Lecture Series to Promote Your Health and Wellness

**Please join us**

## The Healthy Mind: Understanding and Coping with the Effect of Mood

**Thursday, November 5, 2009**

6:00 - 7:00 pm

Reception to follow

Aaron Lazare Medical Research Building - Blais Pavilion  
University of Massachusetts Medical School, Worcester  
(Free valet parking directly in front of building)

To register: [click here](#), email [events@umassmed.edu](mailto:events@umassmed.edu)  
or call 508-856-5520

**Presented by:**

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Depression is the second most prevalent chronic disease in America. Join leaders of the UMass Medical School Department of Psychiatry for an understanding of this common medical issue. Coping with “the blues,” our own and those of our loved ones, is something most of us can expect to face at some point in our lives—from mild bouts of being “down,” to depression brought on by grief or other significant life changes, to more severe episodes that impair our engagement in life. Gain an awareness of emotional states over the course of a lifespan; learn to recognize symptoms and common triggers and how to determine when to seek help; and become knowledgeable about resources that you or your family may someday need.

*The Department of Psychiatry at the University of Massachusetts Medical School and UMass Memorial Medical Center is a national leader in public sector psychiatry and is the largest provider of psychiatric services in Central Massachusetts. With a team of over 275 faculty and 2,000 staff, our mission is to provide excellent state-of-the-art and recovery-informed patient care, research, training, and community engagement, all aimed to enhance the mental health of the citizens of Massachusetts and beyond.*

*These one-hour Be Well presentations are free and open to the public.*

*To learn more about other upcoming Be Well programs this Fall, [click here](#).*