



# Depression...Share the Secret

## Topics:

- ◆ Reducing the stigma of depression
- ◆ Recognizing the symptoms of depression
- ◆ Lifestyle approaches to treat depression
- ◆ Local resources to support wellness

**Tuesday, March 15, 2016, 5:30 to 7:30 p.m.**

Durango Recreation Center  
Sunlight & Windom Rooms

Light dinner provided 5:15 to 5:30

## A FREE EVENT SPONSORED BY:



Mercy Regional Medical Center



**LWV** LEAGUE OF WOMEN VOTERS®  
OF LA PLATA COUNTY

## Panel Members:

- ◆ Mark Fallon-Cyr, MD  
Child, Adolescent & Adult Psychiatry
- ◆ Stephanie Allred, PhD  
Senior Clinical Director  
Axis Health System
- ◆ Nicola St. Mary, ND  
Licensed & Board-Certified Naturopathic Doctor  
Pura Vida Healthcare
- ◆ Jenny Treanor, LPC  
Profile Employee Assistance Program  
Centura Health