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Rochester General Hospital Edition

October 2008

SEASONAL AFFECTIVE DISORDER (SAD)

Seasonal Affective Disorder (SAD) is a common disorder associated with changing seasons and seasonal variations of light. Social withdrawal, sadness, anxiety and irritability are key features with associated depressive symptoms of increased sleep and lethargy and increased consumption of carbohydrates. There are a number of therapeutic approaches that are helpful in overcoming the symptoms of SAD. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any library staff member



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RefWorks Classes

website for the "webinars":
<http://refworks.com/content/webinars/default.asp#RefShare>

RefWorks Fundamentals

This 75 min. session covers all the basics. Great for new users or even existing users who would like a refresher.

Wednesday, October 8, 2008 2:00 pm,

RefShare

This 60 min. session covers sharing your database or references, turning your shared folder into an RSS feed, viewing, searching & exporting references from & much more. Attendees should have a basic knowledge of RefWorks functionality.

Wednesday, October 15, 2008 10:00 am,

Thursday, October 23, 2008 7:00 am