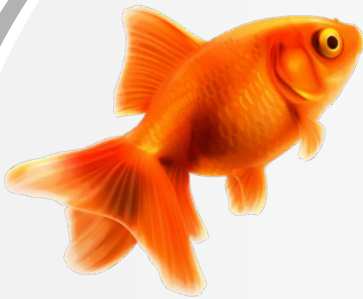


**Attend.
Ask questions.
Engage,
or just listen.**

*I've got a
question...*



**Porter Medical Center
Presents**

the fishbowl series

A series designed with YOU in mind.
Get your questions answered anonymously
by dropping them into the fishbowl!

THE
University of Vermont
HEALTH NETWORK

Porter Medical Center

A Conversation About ANXIETY & DEPRESSION

Anxiety and depression can affect anyone, regardless of circumstance and background. In fact, the National Institute on Mental Health estimates that 1 in 4 adults will suffer from a mental health condition in a given year. Join our panel as we discuss the symptoms, treatment options and help answer your questions about this important topic.

Free and Open to All

Where: CSAC, 109 Catamount Park, Middlebury (off Exchange Street)

When: Wednesday, April 5th, 5 - 7PM

Parking: Plenty of Accessible Parking

Register: Limited to the first 60 attendees

*Follow the QR code
or register at:*
bit.ly/PMCFishbowl1



Expert Panelists:

Dr. Natasha Withers

ACMO, Family Medicine Doctor at
Porter Primary Care - Middlebury

Dr. Michael Seaton

ACMO, Pediatrician
at Porter Pediatric Primary Care

Dr. Anna Benvenuto

CMO, OBGYN Doctor
at Porter Women's Health

Alison Underwood, LICSW

Mental Health Counselor
at Porter Women's Health

Melanie Bouchard

Supervisor & Clinical Team Leader
School Based Services at CSAC

Carolyn Gilles, LICSW

Coordinator of Adult Outpatient and
Substance Use Disorder Services at CSAC