



Metropolitan Hospital Center Learn With Us

Holiday Season and Stress Effective Coping Strategies

Ronnie Swift, MD will discuss depression and how to manage stress, cope with loss and handle emotional challenges during the holiday season. Dr. Swift will share effective coping strategies to help you through this time of year.

Dr. Swift is Chief of Psychiatry and Associate Medical Director at Metropolitan Hospital Center and Professor of Psychiatry at New York Medical College.



**Thursday, December 20, 2012
12 noon — 1 PM**

**Metropolitan Hospital Center
Conference Room 1B35**

Light lunch will be served.

Free event. All are welcome.

Metropolitan Hospital Center hosts monthly informational sessions on important health topics impacting our community. Participants have the opportunity to meet doctors and clinical experts from various areas.