

East Texas Depression & Bipolar Group

Tyler Texas, February 2005 Newsletter



We always meet at ETMC Behavioral Health Center cafeteria at 4101 Spur 248, Tyler Texas (across from UT Tyler). Our meetings are always the 2nd Thursday of each month at 6:45 PM. We have no membership dues, so just come and enjoy our group.

Note the name of our group has just changed from "Tyler Depression & Bipolar Group".

At the March 10 meeting. Sheila Lewis (extension agent) will speak on nutrition.

At the April 14 meeting, we will watch a videotape called "Dark Glasses & Kaleidoscopes". which is about bipolar disorder.

At the May 12 meeting, we need to discuss our group picnic, which we plan to have on May 28 at Whitehouse City Park.

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Shirla Whittaker, vice president	903-593-3885
Mary Mathison, secretary	903-566-8401

Web page:
<http://notstupid.laughingsquid.com/etdbg.html>



"If you should be reading this but aren't, let me know"