

Depression is not a normal part of aging.

Before you say, “Oh, I’m just fine....”

Ask yourself if you feel:

- nervous or empty
- guilty or worthless
- tired and slowed down
- you don’t enjoy things the way you used to
- restless or irritable
- like no one loves you
- like life is not worth living

Or if you are:

- sleeping more or less than usual
- eating more or less than usual
- having persistent headaches, stomach aches or chronic pain

**These may be symptoms of depression.
Share with you doctor how you are really feeling.
Depression is a treatable medical condition.**

Information gained from the Administration on Aging and National Institute of Mental Health - www.nimh.nih.gov or 800-421-4211.