



Feeling Off Lately?

It could be depression.

You may notice:

- Trouble sleeping or feeling tired all the time
- Feeling numb or disconnected
- No interest in things you used to enjoy
- Irritability or difficulty focusing

Depression is treatable

Take a free and confidential online screening in just a few minutes.

Scan the QR code to take your free screening today.

BryanHealth.org/MentalHealthScreening



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Understanding Anesthesia: What to Know Before Your Procedure



Podcast with
Kirsten Hollenbeck, CRNA
Associated Anesthesiologists, P.C.



Medical procedures can be stressful – understanding anesthesia doesn't have to be. In this podcast, Kirsten covers everything you need to know. You'll learn about the types of anesthesia, questions to ask your doctor and more. Listen now to feel informed, prepared and empowered for your upcoming procedure.

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