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# Depression Workshop, Impact Seminar Offered at USD

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### Digital USD Citation

Office of Public Information, "Depression Workshop, Impact Seminar Offered at USD" (1977). *News Releases*. 1655.  
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# NEWS RELEASE

# UNIVERSITY OF SAN DIEGO



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## DEPRESSION WORKSHOP, IMPACT SEMINAR OFFERED AT USD

FOR IMMEDIATE RELEASE

The Impact Seminar - a "mind-expanding" experience for people who care about themselves and others, will be offered by the University of San Diego as part of a Continuing Education series this spring.

This personal excursion into the world of a person's own potential will be led by Dr. John Swanke, Professor of Philosophy. The class meets Tuesday evenings 7:30 to 11 pm from March 23 to May 11. The fee is \$45 per person or \$80 per couple.

A one-day workshop designed especially for women set April 3 is "Maintaining a Positive Attitude, or How to Beat Depression Before it Becomes an Economic Issue." The workshop will be conducted by Ms. Linda Worobow, Director of Women's Programs at the University of Southern California in Los Angeles. Fee for the program is \$15.

Information about these and other special programs is available from the USD Conference Center, University of San Diego, Alcalá Park, San Diego, CA 92110, 291-6480 ext. 221.

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