



## Successful and Happy Living for Lawyers

**This satisfies the 1 hour anti-substance abuse/mental health awareness  
CLE credit requirement**

According to a Johns Hopkins University study, lawyers suffer the highest rate of depression among workers in 104 occupations. A University of Washington study found that 19 percent of lawyers suffered depression compared to 3 percent to 9 percent in the general population. And a University of Arizona study of law students found that they suffer eight to 15 times the anxiety, hostility and depression of the general population. Sound familiar?

We will describe the symptoms of stress, anxiety, and depression, and also discuss strategies for coping with these problems in your daily life as well as your legal practice.

When: **May 1<sup>st</sup> from 1-2pm**

Where: Lepage Associates, 5842 Fayetteville Road, Suite 106, Durham  
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)

Cost: \$90.00 per session (This includes the cost of lunch.)

**To Register: Call 572-0000 or email [officemanager@lepageassociates.com](mailto:officemanager@lepageassociates.com)  
[www.lepageassociates.com](http://www.lepageassociates.com)**