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## HEALTH CARE



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## **HEALTH CARE**

### **UTAH MATTERS**

**Title:** Holiday Mental Health  
**Air Date:** Dec. 5  
**Length:** 30 minutes  
**Guests:** Mike Rowley and Sig Evans. They are respectively, CEO and Program Director for Salt Lake Behavioral Center...  
  
**Description:** How to avoid depression at Christmas.... and how to help others who don't.