



Find out if the program is right for you!

LEARN HOW TO:

- Identify depression and anxiety and their causes
- Enhance your energy levels and mood
- Overcome depression and/or anxiety through positive lifestyle choices and right thinking
- Eat for optimal brain function
- Manage stress without distress
- Live above loss
- Achieve peak mental performance

NEDLEY
DEPRESSION & ANXIETY
RECOVERY PROGRAM

www.nedleydepressionrecovery.com

Depression is the leading cause of disability worldwide. Do not allow yourself to struggle endlessly from this! Join Dr. Nedley, a leading physician in mental health treatment and research, as he walks you through the Depression & Anxiety Recovery Program.

With this comprehensive program you will find the keys to a new life in just eight weeks and join the community of thousands throughout the world who have found freedom from depression and anxiety. The program is comprehensive, well researched, and scientifically based.

WEEKLY PROGRAM TOPICS

1. How to Improve Your Brain
2. Lifestyle Therapies for Depression and Anxiety
3. Nutrition for the Brain
4. How Thinking Can Defeat Depression or Anxiety
5. Making and Staying with Positive Lifestyle Choices
6. Stress Without Distress
7. Overcoming Loss
8. Enhancing Frontal Lobe Function

DETAILS

- Begins Thursday, March 5 thru April 30
- Thursday evenings 7-8:45 p.m.
- Apple Chapel Relief Society Room (800 West & 1500 South, Woods Cross)
- Cost: \$40 for workbook
- 8-week course
- Men, Women and Youth ages 16+ may attend with a parent; All welcome
- No children allowed except nursing Infants
- Malayna Stromness 801-292-7841