

# GET YOUR LIFE BACK!

Find out if the program is right for you!

## LEARN HOW TO:

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

## ATTEND A FREE INFORMATION SESSION!

**When?** Aug. 22, Aug. 29, or Sept. 6 @ 7pm

**Where?** 1920 – 13 Avenue NW (by Lions Park C-Train)  
(or check website for online option)

**Questions?** [depressionrecovery.yyc@outlook.com](mailto:depressionrecovery.yyc@outlook.com)

PROGRAM STARTS MONDAY, SEPT. 12

[www.calgarycentraladventist.ca/depression-recovery](http://www.calgarycentraladventist.ca/depression-recovery)

NEDLEY  
**DEPRESSION & ANXIETY**  
RECOVERY PROGRAM™

[www.nedleydepressionrecovery.com](http://www.nedleydepressionrecovery.com)