

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 INTRODUCTORY SESSION!

When: Monday February 17, 2020 2 PM - 5 PM

Where: Normal Public Library Community Room

NEDLEY
DEPRESSION & ANXIETY

RECOVERY PROGRAM™

www.nedleydepressionrecovery.com