

GET YOUR LIFE BACK!

Find out if the program is right for you!

FREE ORIENTATION:

9/16/2019

8-WEEK PROGRAM (WEEKLY SESSIONS):

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

Where? **100 Highland Circle Dr, Portland TN 37148**

When? **6:30 p.m.**

Register **615.325-3925**

NEDLEY
DEPRESSION & ANXIETY

RECOVERY PROGRAM™

www.nedleydepressionrecovery.com

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