

# GET YOUR LIFE BACK!

Find out if the program is right for you!

**ATTEND A FREE INFORMATION SESSION!**

Date & Time: March 13 @ 6 pm

Location: Linwood SDA Church 6525 N. Monroe St.

Call/Text: Brittany Ramirez 509-768-6080

## 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

NEDLEY  
**DEPRESSION & ANXIETY**

**RECOVERY PROGRAM™**

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