

Get Your Life Back!!

Depression & Anxiety Recovery Program

Free Introductory Session - Thursday, September 3, 2020 at 6:30 PM

Come see if this program is right for you or your loved one.

Where: Mineral Wells Seventh-Day Adventist Church

3710 Ram Blvd, Mineral Wells, TX 76067

Register:

Text - 817 298-0278

Email: healthwellnessprogram@mail.com

***8-Week program (1 session per week):** Dr. Neil Nedley MD is the speaker for each session via DVD followed by breakout sessions with participants and facilitators. There will be a fee for workbooks and materials.

Program features:

- Overcome depression and/or anxiety
- Discover how to achieve a healthy sense of self worth
- Learn coping skills
- Motivation & concentration to achieve your goals
- Help a friend/family member with depression
- Prevent depression and /or anxiety
- Gain stress control
- Achieve optimal mental health
- Learn general health knowledge
- Professional development

Program topics:

- How to Improve Your Brain
- Lifestyle Therapies for Depression & Anxiety
- Nutrition for the Brain
- How Positive Thinking Can Defeat Depression or Anxiety
- Making and Staying With Positive Lifestyle Choices
- Stress Without Distress
- Overcoming Loss
- Enhancing Frontal Lobe Function



