



Community Nedley  
Depression and Anxiety  
Recovery Program™

# Get your life back!

Learn how to:

- Identify depression and anxiety and their causes
- Improve your emotional intelligence
- Enhance your energy levels and mood
- Eat for optimal brain function
- Overcome addictions
- Manage stress
- Defeat depression and anxiety
- Achieve peak mental performance

**Feel better, think clearer,  
and live a healthier, happier life.**

**PROGRAM STARTS SEPT. 23, 2024**

## ATTEND ONE OF THE FREE INFO SESSIONS

MON, SEPT. 9, 2024  
WED, SEPT. 11, 2024  
MON, SEPT. 16, 2024  
WED, SEPT. 18, 2024

**at 7:00 PM**

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CALGARY, AB T2N 1L3

**[calgarycentraladventist.ca/  
depression-recovery](https://calgarycentraladventist.ca/depression-recovery)**