



GET YOUR LIFE BACK! **NEDLEY DEPRESSION & ANXIETY RECOVERY PROGRAM**

Are depression or anxiety holding you down? Many like you have discovered how to get their life back.

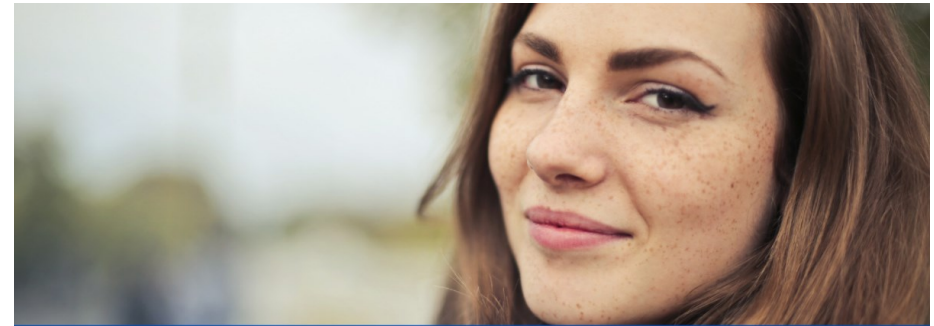
Do you wonder if this program is right for you? Attend a free introductory session at Sandy Seventh-day Adventist Church on Tuesday, February 15, at 7:00 pm. **Reserve your seat for the free introductory session today.**

Join the community of thousands who found freedom from depression and anxiety. This mental health education program is well researched, scientifically based, and encompasses the whole person.

Program Features:

- Overcome depression and/or anxiety
- Discover how to achieve a healthy sense of self-worth
- Learn coping skills
- Find the motivation and concentration to help achieve your goals
- Help a friend/family member with depression
- Prevent depression and/or anxiety
- Benefit from stress management planning and practice
- Achieve optimal mental health

CALL OR TEXT FOR MORE INFORMATION TODAY
503-567-2777



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