



NEDLEY  
**DEPRESSION & ANXIETY**  
RECOVERY PROGRAM™

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

*GET YOUR LIFE BACK & FEEL GOOD AGAIN!*

*Attend a **FREE** information session to find out if this 8 week program (One night per week) is right for you or a friend*

**LEARN HOW TO:**

- ✓ Identify anxiety and depression – and their causes.
- ✓ Prevent or overcome anxiety and depression through positive lifestyle choices and right thinking.
- ✓ Enhance your energy levels and moods.
- ✓ Eat for optimal brain function.
- ✓ Manage stress without distress.
- ✓ Live above loss.

**Bookings:** Doedie Fatt - 0408269592

**Free Info sessions:** Feb 28 & Mar 4 – 7-8:30pm

Wahroonga SDA Church seminar room. Downstairs under the church.  
183 Fox Valley Rd Wahroonga

**Program date:** March 5- Tuesday

**Time:** 7:30-9:30pm

**Venue:** Wahroonga SDA church seminar room. Downstairs under the church.  
183 Fox Valley Rd Wahroonga.

Free parking Wahroonga SDA Church carpark

