

# GET YOUR LIFE BACK!

Find out if the program is right for you!

## 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

## ATTEND A FREE INFORMATION SESSION!

**Step 1:** Watch the four-part **Program Introduction** at <http://nedleydepressionrecovery.com/faq/>

**Step 2:** Attend one of the virtual **Q&A sessions** on Jan. 11<sup>th</sup>, 14<sup>th</sup>, 18<sup>th</sup>, or 21<sup>st</sup> @ 7pm for details (email [depressionrecovery.yyc@outlook.com](mailto:depressionrecovery.yyc@outlook.com) to receive the meeting link)

*Assistance may be available if you would like to attend but are facing financial difficulties.*

NEDLEY  
**DEPRESSION & ANXIETY**  
RECOVERY PROGRAM™

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