

WITH NINE SESSIONS INCLUDING:

- INTRODUCTORY SESSION
- IDENTIFYING DEPRESSION AND ITS CAUSES
- LIFESTYLE TREATMENT FOR DEPRESSION
- NUTRITION AND THE BRAIN
- HOW THINKING POSITIVELY CAN DEFEAT DEPRESSION
- POSITIVE LIFESTYLE CHOICES
- STRESS WITHOUT DISTRESS
- LIVING ABOVE LOSS
- HOW TO IMPROVE BRAIN FUNCTION

VENUE:

SHENKMAN ARTS CENTRE

(MUSIC STUDIO ROOM)

245 CENTRUM BLVD, OTTAWA, ON K1E 0A1

TIME:

6:30PM - 8:30PM

REGISTRATION STARTS AT 6PM

ONLINE REGISTRATION

WWW.RESILIENTFAMILIES.NET

What **YOU ARE GETTING:**

- HOW TO KNOW IF DEPRESSION OR ANOTHER CAUSE IS CREATING A LACK OF ENERGY, AND THE BEST WAY TO ACHIEVE RESTORATIVE REST AND REJUVENATION.
- HOW TO ENHANCE THE CIRCULATION AND ACTIVITY OF THE CONTROL CENTER OF EMOTIONS IN THE BRAIN.
- DISCOVER HOW EMOTIONAL INTELLIGENCE IS MORE IMPORTANT IN LIFE THAN IQ.

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ORLEANS (ENGLISH)
SEVENTH-DAY ADVENTIST CHURCH

**DR. NEDLEY'S
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