

DEPRESSION

Live Without It!

Recovery and Prevention Seminar

Feeling burdensome?

Difficulty sleeping?

Feeling guilty?

No energy?

Scared of socializing?

Anxious?

Don't care?

Weight loss?

LIFE not worth living?



Lack of interest?

Irritable?

Aches and pains?

Worried?

Easily frustrated?

Angry?

Weight Gain?

Sad?

Can't think clearly?

***Free, Friendly, Interactive Seminar Sessions to Include
DVD Lectures by Internist, Neil Nedley, M.D.***

- Identifying Depression and Its Causes
 - Improving Brain Function
 - Dealing with Stress
- Lifestyle Treatments for Depression
 - Nutrition and Positive Thinking
 - Living above Loss

Optional Textbook and Workbook Available for Purchase

Eight Weekly Sessions

Thursdays, 7:00 – 8:45 pm beginning January 7, 2010

The Activity Center

Midland SEVENTH-DAY ADVENTIST Church

2420 East Ashman at Abbott, Midland, Michigan 48642

To Register or for More Information Call

989 832-2779 or 989 687-2555