

# Depression & Anxiety *Recovery* Program

- ✓ Discover what could be causing a lack of energy and low mood
- ✓ Find out how to achieve rest and rejuvenation for mind and body
- ✓ Improve brain functioning and memory
- ✓ Strengthen relationships with family, friends and coworkers
- ✓ Enhance emotional intelligence

## **Series Introduction:**

Monday 14th August from  
7pm - including registration

## **Continues**

Monday 21st August, then  
each Monday evening from  
7:00 - 9:00 pm for 8 weeks

*A Community Education Series presented by*  
Dr Neil Nedley  
Sponsored by the Wollongong  
Seventh-day Adventist Church

**14th August, 7pm** - Introduction, overview and registration

**Program on subsequent Monday evenings:**

- Identifying Depression and Its Causes
- Lifestyle Treatment for Depression
- Nutrition and the Brain
- How Thinking Can Defeat Depression
- Positive Lifestyle Choices
- Stress Without Distress
- Living Above Loss
- How To Improve Brain Function

Depression & Anxiety  
*Recovery*  
Program

**Location:** Seventh-day Adventist Church  
30 Victoria St, (cnr Young St)  
Wollongong

**Booking & Enquiries:** Allen on 0451 265 147



Depression should not be tolerated as a lifelong condition with its miserable effects.

*Neil Nedley, MD*