THERE'S *Life beyond* THE EMPTINESS

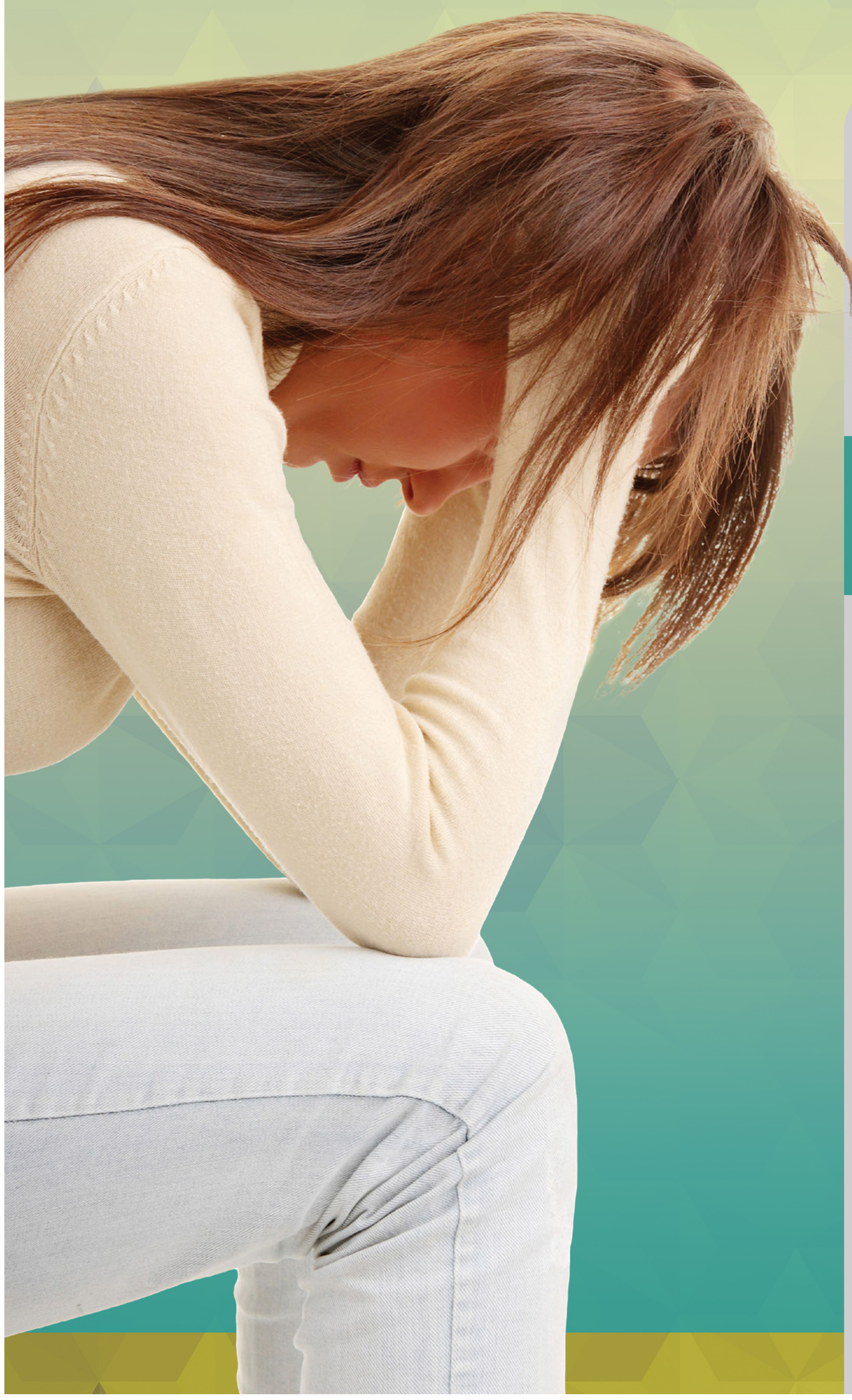
FREE INFORMATION SESSIONS

APRIL 16, 6PM - Rollands Plains Hall

APRIL 23, 6PM - Wauchope Senior Citizens Centre
47-51 High Street

SEVENTH-DAY ADVENTIST CHURCH

Thrive
healthy lifestyle education



NEDLEY
DEPRESSION & ANXIETY
RECOVERY PROGRAM™

8 PROGRAM SESSIONS TO FOLLOW
(Wauchope Senior Citizens Centre)

May 7 How to Improve Your Brain
May 14 Lifestyle Therapies for Depression and Anxiety
May 21 Nutrition For the Brain
May 28 How Thinking Can Defeat Depression or Anxiety
June 4 Making and Staying with Positive Lifestyle Choices
June 11 Stress Without Distress
June 18 Overcoming Loss
June 25 Enhancing Frontal Lobe Function

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