

## Depression Recovery Program

Local Events | Starting on Tuesday, January 10, 2017 at 6:30 pm.

**Location:** Joshua Seventh-day Adventist Church, 1912 Conveyor Drive, Joshua, Texas

Depression can be just as debilitating and life-threatening as a physical illness. Starting in January is an eight week depression recovery program to help those who battle with depression in the community. A free information sessions will be held on Tuesday, January 10 at 6:30 pm. at Joshua Seventh-day Adventist Church.

**“The program is really great! It helped me to change my opinion, especially my self-talk” says a local resident who participated in the program. “I had a lot of negative self-talk but now I am thinking more positively.”**

One in five will experience depression in their lifetime. This is the equivalent of more than one million people in any one year. These figures show that while depression is often preventable and always treatable people are not seeking the help they require. The cure may not be as difficult as people think.

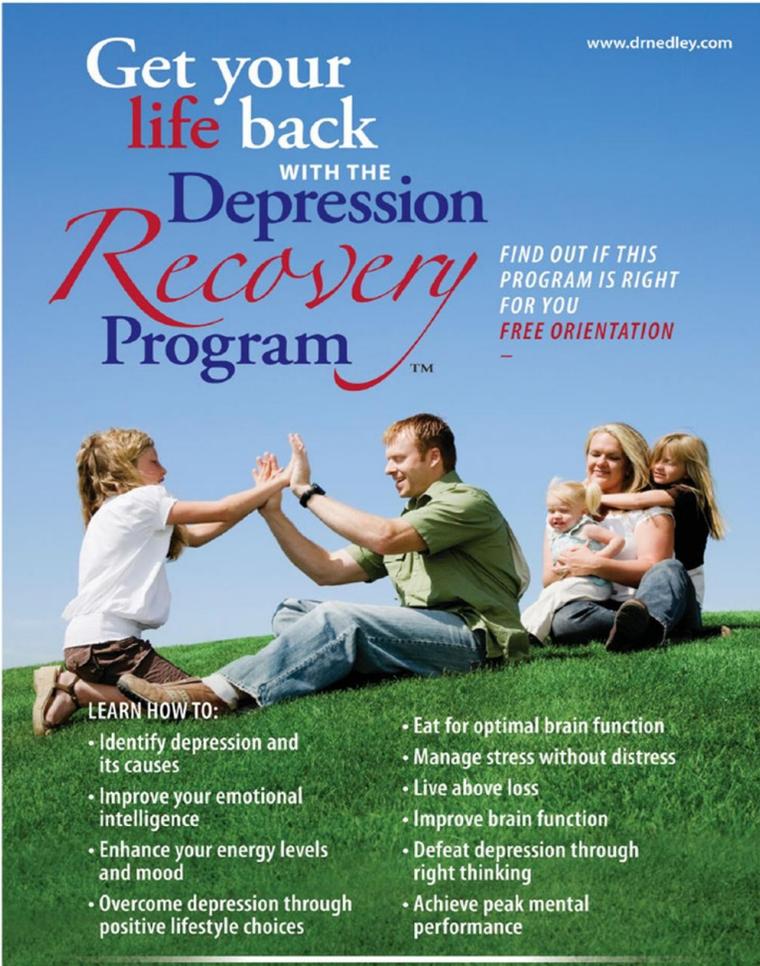
“Depression should not be tolerated as a lifelong condition with its miserable effects,” says Dr Neil Nedley, the author of “Depression: the Way Out” and presenter of the depression recovery program.

“These seminars are excellent for those who have depression and also those who have friends or family members who battle with depression”, says Dr Vivienne Doust, the event organiser. “Dr Neil Nedley has put together this eight week DVD program from his 15 plus years of research and clinical experience from helping his patients.

“If you want to learn about the underlying causes of depression, eliminate negative habits of body and mind, develop healthy eating patterns, and get more out of the day by enhancing brain function, then I urge you to attend these seminars”, says Dr Doust.

**For more information or to register call [817-645-3086](tel:817-645-3086) or visit our website at [www.joshuasda.org](http://www.joshuasda.org).**

**When is the Program? Tuesday, 10th of January through 28th of February, 2017.**



www.drmedley.com

Get your  
**life back**  
WITH THE  
**Depression  
Recovery  
Program**™

FIND OUT IF THIS  
PROGRAM IS RIGHT  
FOR YOU  
**FREE ORIENTATION**

LEARN HOW TO:

- Identify depression and its causes
- Improve your emotional intelligence
- Enhance your energy levels and mood
- Overcome depression through positive lifestyle choices
- Eat for optimal brain function
- Manage stress without distress
- Live above loss
- Improve brain function
- Defeat depression through right thinking
- Achieve peak mental performance

8-Week Program (Weekly Sessions)  
**Tuesdays, 10th January through 28th February, 2017**  
Joshua SDA Church, 1912 Conveyor Drive, Joshua, Texas 76058  
For more information call church office at 817-645-3086.