

PRESENTING

Depression *Recovery* Program TM



WHAT YOU'RE 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.

For more info email:

Equiphealthltd@gmail.com

THE PROGRAM THAT WORKS!

With Nine Sessions Including:

- Introductory Session
- 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

DR. NEDLEY'S HEALTH SOLUTIONS