

PRESENTING
Depression
Recovery
Program

**THE PROGRAM
THAT WORKS!**

**With Nine
Sessions Including:**

- Introductory Session
- Identifying Depression and its Cause
- 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

**Monday nights from Feb. 13
to April 2 at 6:00 pm
FREE INTRODUCTORY
SESSIONS**

Monday, Jan. 30 and
Feb. 6 at 6:00 pm

**The Concord Seventh-day
Adventist Church, 310 Sheep
Davis Rd. (Rt 106 next to Sam's
Club) Concord, NH**