

## **Additional Depression Recovery Program & Registration Information**

**Co-presenter Lorayne Barton MD comments,** "This seminar is excellent for people who are depressed, as well as for those with family members or friends who are depressed. It focuses on brain health and what a person can do to treat depression as well as the healthy lifestyle habits they can adopt to prevent depression; even for those with a genetic predisposition to depression.

"Those attending the sessions will learn how to establish and maintain a strong exercise program, understand depression, eliminate negative habits of body and mind, develop healthy eating patterns and get more out of every day by enhancing brain function. Participants will spend less time frustrated by stress, decrease the risk for many diseases, say goodbye to negative thinking and understand the true power of positive thinking."

Principles in this program provide better ways to combat depression—how to know what you can change and what you can't, the importance of minimizing drug medicine use and how to make use of effective natural therapies.

**About the Program Developer:** Depression Recovery Program Author Nedley has served thousands of families for more than 15 years through his medical practice and extensive, worldwide lecturing. He educates students of all ages in nutrition and healthy lifestyle principles through his radio shows, satellite and cable television and live appearances. Nedley also helped develop the Omega-3 Uplift bar, a tasty way to get more than 3,000 mg of omega-3 in each bar which is specially designed for optimal brain health.

### **Registration Date for the Depression Recovery Program:**

Program Registration will take place Aug. 30, at the free Introductory Session at the Glendale Adventist Medical Center Auditorium.

**The Depression Recovery Program will begin on Monday, Sept. 14** at the Glendale Adventist Medical Center Auditorium.