



Community Nedley  
Depression and Anxiety  
Recovery Program™

# Feel better. Think clearer.

## Get your life back!

Learn how to:

- Identify depression and anxiety and their causes
- Improve your emotional intelligence
- Enhance your energy levels and mood
- Eat for optimal brain function
- Overcome addictions
- Manage stress
- Defeat depression and anxiety
- Achieve peak mental performance

## ATTEND A FREE INTRO SESSION

WED. JAN 14    OR  
THUR. JAN 29    OR  
MON. FEB 2

**AT 6:00 PM**

172 KAPIOLANI STREET  
HILO, HI 96720

**505-307-8191**

**[nedleyhealth.com](http://nedleyhealth.com)**







Community Nedley  
Depression and Anxiety  
Recovery Program™

# Feel better. Think clearer.

## Restore your mental health.

### ATTEND A FREE INTRO SESSION

WED. JAN 14 OR  
THUR. JAN 29 OR  
MON. FEB 2

172 KAPIOLANI STREET  
HILO, HI 96749

AT 6:00 PM

505-307-8191  
[nedleyhealth.com](http://nedleyhealth.com)