



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)**





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