



Weimar
University



Community Nedley
Depression and Anxiety
Recovery Program™

Feel better. Think clearer.

Get your life back!



Total Community
Involvement
Weimar University

Learn how to:

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

FREE INFO SESSIONS

September 8th or 15th
5:30 – 6:30 pm

Weekly sessions on Tuesdays,
Sept. 22–Nov. 10, (5:30–7:30 PM)



WEIMAR UNIVERSITY
COLLEGE CLASSROOM 280
20601 WEST PAOLI LN.
WEIMAR, CA 95736

CALL TO REGISTER TODAY!
(530) 422-7911 / health@weimar.edu

