



**Weimar
University**



Community Nedley
Depression and Anxiety
Recovery Program™

A Brighter Tomorrow Is Possible.

Practical tools and support to help you
overcome depression and anxiety
and get your life back.

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

*Feel better.
Think clearer.
Live fuller.*



FREE INFO SESSION
Tuesday, September 15
5:30 – 6:30 PM

Come and learn more about the program
and how it can help you.



WEEKLY SESSIONS
Tuesdays
September 22 – November 10
5:30 – 7:30 PM

8-week program with practical tools,
interactive sessions, and support.



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**Total Community
Involvement**
Weimar University