



Get your life back

WITH THE

Depression *Recovery* Program

™

FIND OUT IF THIS PROGRAM IS RIGHT FOR YOU

FREE ORIENTATION – RICHMOND CULTURAL CENTRE
180-7700 Minoru Gate, Richmond
JANUARY 24th, 31st, FEBRUARY 7th, 14th, 21st
7:00 PM

LEARN HOW TO:

- Identify depression and its causes
- Improve your emotional intelligence
- Enhance your energy levels and mood
- Overcome depression through positive lifestyle choices
- Eat for optimal brain function
- Manage stress without distress
- Live above loss
- Improve brain function
- Defeat depression through right thinking
- Achieve peak mental performance

8-WEEK PROGRAM (WEEKLY SESSIONS)

Where? Richmond SDA Church – 8711 Cambie Road
When? Monday 28th February at 7:00 PM
Register Email: drp.richmond2011@yahoo.com
Richard Watson - Phone #: 7788857781
Mihaela Anton - Email: micky_anton@yahoo.com
Renee Johnson - Email: jrn889@hotmail.com