

Depression and Anxiety

YOU can be FREE!



“Depression should not be tolerated as a lifelong condition with its miserable effects” Dr. *Neil Nedley*,



The Dr Neil Nedley Depression Recovery Program offers the way out.

It's for everyone who would like to protect themselves against depression, help someone with or is being impacted by depression

The next 10 week Depression Recovery Program to be conducted by Steps to Life, in Lilydale, commences on Wed August 30, 2017

Course Fees: \$240 includes all course materials

Contact us: For course information and bookings call Steps to Life on 03 97394093 or email admin@steps.org.au

Topics Covered:

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|---------------------------------------|-----------------------------|
| 1. Depression and Its Causes | 5. Drugs and Depression |
| 2. Lifestyle Treatments | 6. Sleep Disorder |
| 3. Nutrition and the Brain | 7. Stress and Depression |
| 4. How Thinking Can Defeat Depression | 8. Surviving Grief and Loss |
| | 9. Improving Brain Function |