



THE



# GUT-BRAIN CONNECTION

## AND REVERSING DEPRESSION

Can what is going on in your gut affect what is going on in your brain? In this seminar we will look at the cutting-edge research on how the gut can influence our mood and wellbeing.

**Sat. Oct. 7 • 6:30 PM**

**Foundations of the Gut-Brain  
and Mental Health**

**Mon. Oct. 9 • 6:30 PM**

**Turning Off Depression With Lifestyle**

**Tue. Oct. 10 • 6:30 PM**

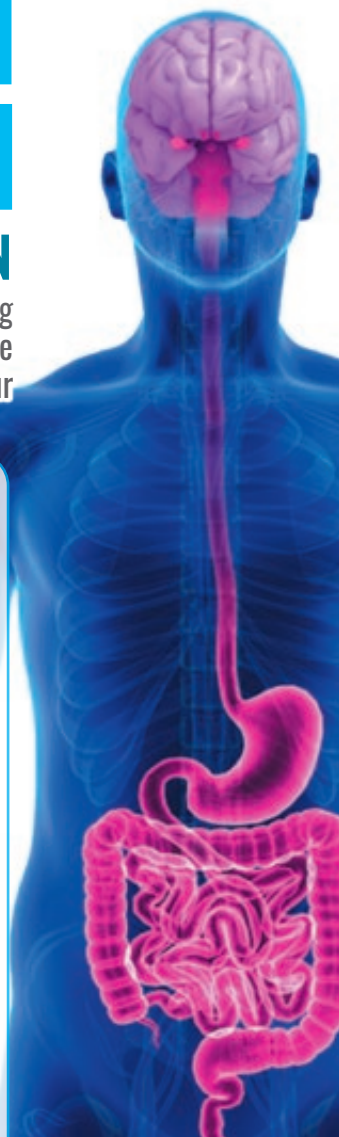
**Dopamine, Happiness and Depression**

**Thurs. Oct. 12 • 6:30 PM**

**The Gut-Brain Connection To  
Depression and Intellect- Part 1**

**Fri. Oct. 13 • 6:30 PM**

**The Gut-Brain Connection To  
Depression and Intellect- Part 2**



**Presented By Chad and Fadia Kreuzer of Anchor Point Films**

**STARTING SATURDAY, OCTOBER 7 • 6:30 PM**

**Caplinger Airway Science Center**

**Lecture Hall • 586 N 10th St. • Arkadelphia, AR**

**Optional Pre-registration at: [AttendSeminar.live/Arkadelphia](https://AttendSeminar.live/Arkadelphia)**



Starting:

**SATURDAY, OCTOBER 14 • 7:00 PM**

MEETINGS WILL CONTINUE THROUGH OCTOBER 29

### Topics Included

- Sat., Oct. 14 • 6:30 PM Our Day In The Light of Prophecy
- Mon., Oct. 16 • 6:30 PM Revelations Answer
- Tue., Oct. 17 • 6:30 PM When Christianity Follows the Beast
- Thurs., Oct. 19 • 6:30 PM The Most Amazing Prophecy
- Fri., Oct. 20 • 6:30 PM The Beast Power Revealed Part 1
- Sat., Oct. 21 • 6:30 PM The Beast Power Revealed Part 2

**FREE:** Admission • Study Materials • Parking  
Optional Pre-registration at: [AttendSeminar.live/Arkadelphia](http://AttendSeminar.live/Arkadelphia)

**W**ith all that is taking place in the world today people are looking for something solid and unchangeable. Bible prophecy is a foundation principle of Biblical trustworthiness. In this seminar we will look at archaeology, prophecy and history as a springboard into the Biblical books of Revelation and Daniel.

**Caplinger Airway  
Science Center  
Lecture Hall**  
586 N 10th St.  
Arkadelphia, AR



**Time Dated Material**  
Requested In-Home Date  
Oct. 2-4

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