

A close-up photograph of a young woman with long, dark, wavy hair, smiling broadly and looking slightly upwards and to the right. She has a joyful expression, with her eyes partially closed and her mouth open, showing her teeth. The background is a plain, light color.

GET YOUR LIFE BACK!

Find out if the program is right for you!

LEARN HOW TO:

- Identify depression and anxiety and their causes
- Enhance your energy levels and mood
- Eat for optimal brain function
- Manage Stress without distress
- Live above loss
- Overcome depression and/or anxiety through positive lifestyle choices and right thinking
- Achieve peak mental performance

NEDLEY
DEPRESSION & ANXIETY
RECOVERY PROGRAM

GET YOUR LIFE BACK!

**Register TODAY to Attend
a FREE Information Session
Hosted on Zoom.**

(A link will be emailed to you after registering)

When

Sunday, September 10 • 12 p.m.

&

Monday September 11 • 8 p.m.

**NEDLEY
DEPRESSION & ANXIETY
RECOVERY PROGRAM™**



MEET OUR PRESENTER

Dr. Neil Nedley—Neil Nedley, MD, is founder and medical director of the community-based and residential Nedley Depression and Anxiety Recovery Programs™ and Optimize Your Brain™. Dr. Nedley is an award-winning practicing physician who also serves as president of Weimar University, a higher education college that houses the NEWSTART program. He has presented and published numerous scientific studies in the medical/scientific literature and is well known as an author, public speaker, and teacher throughout the world.



**Register TODAY by visiting:
AttendHealth.Live/Pottstown**

**Date Sensitive Material
Requested in-home date
September 1-4**

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