

MINDFIT

Mental Health Seminar



Program Begins:

Thursday, March 27 • 7:00 pm

2809 N. Talley Rd. Columbus, IN 47203

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Thursday, March 27 • 7:00 p.m.

Beyond the Asylum

Friday, March 28 • 7:00 p.m.

The Prowling Lion

Saturday, March 29 • 7:00 p.m.

Not Your Grandpa's Electroshock Therapy

Sunday, March 30 • 7:00 p.m.

Binding Up the Broken-Hearted

In this series on depression and anxiety we are going to answer these key questions:

- What is depression and anxiety and do I have either of these?
- What are the medical challenges resulting from these conditions?
- What are the ten categories that are the root causes of depression that effect our lives?
- Proven and effective ways out of depression and anxiety.



LOCATION:
Church Auditorium

2809 N. Talley Rd. • Columbus, IN 47203

FREE Admission • FREE Study Materials • FREE Refreshments

Visit us at: AttendHope.com/Columbus

Date Sensitive Material
Requested in-home date:
March 20-22

Postmaster: if undeliverable, do not forward or return!

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