

Get your Life back

Change your life
in 8 weeks!

Learn how to:

- Identify depression and anxiety and their causes
- Manage stress without distress
- Improve brain function, emotional intelligence, energy levels, and mood
- Live above loss
- Defeat depression and anxiety through right thinking and positive lifestyle choices
- Achieve peak mental performance and eat for optimal brain function



Monday's
January 27 to
March 24 @
6:30 pm

1230 Olivine Avenue
Mentone, CA 92359

Register Today!
mentonechurch.org/depression
909-206-8741

