

Depression & Anxiety Recovery Program

Attend either of the FREE introductory sessions to learn about the program.

Aug. 18 (Sunday) - 7:15 pm Family Medical Center
120 RBC Dr, Ringgold, GA

Aug. 20 (Tuesday) - 7:15 pm Methodist Church
6314 East Brainerd Rd, Chat.

Program Topics:

1. Identifying Depression and Its Causes
2. Lifestyle Treatment for Depression
3. Nutrition and the Brain
4. How Positive Thinking Can Defeat Depression
5. Positive Lifestyle Choices
6. Stress Without Distress
7. Living Above Loss
8. How to Improve Brain Function

- Continuing Education - 1.4 **CEUs** (for minimal cost)

Program meets Tuesdays from 7:15-9:15 pm from August 27 to October 15 in the Methodist Church at 6314 E. Brainerd Rd, Chattanooga. Registration must be completed by August 20 to attend the program.

Register at: southbaysda.org/health

For more information, call 423.827.4705

Derek Heldzinger, MD, CCFP, DipABLM -
Board Certified Lifestyle & Family Medicine
Physician working with residential Nedley
Depression and Anxiety Recovery Program.
He also holds the Lifestyle Medicine
Certification from Blackhills Health and
Education Center.

