

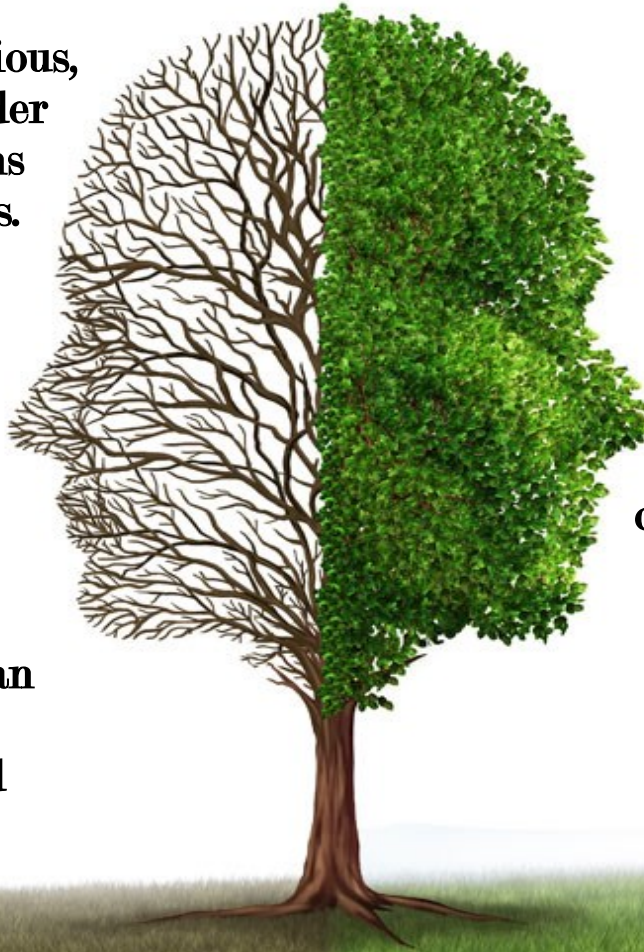
## Understanding Depression & How To Support

Adult Workshop

Depression is a serious, but treatable disorder that affects millions of people of all ages.

Identify whether you or someone you care about is struggling with depression.

Early recognition and intervention can lead to improved outcomes, hope and recovery.



Amy Sonnenberg, Registered Holistic Nutritionist, will share research on the impact of food choices on the brain and dietary choices that promote mental health.



**Its' up to all of us to support one another!**

**Monday April 30, 2018**

**7:00-8:00 pm**

**Fee: \$15**

**Please call 519-669-8651 for more information**