

Living Well

Anxiety & Depression Recovery

This 8-week depression & anxiety program will include information on nutrition for the brain, lifestyle treatments, overcoming loss, managing stress, & so much more! Classes are taught by Dr. Emily Sheahan, Medical Director of Community Health, & will include a workbook, food samples, & your very own wellness binder.



Are you interested in making and staying with positive lifestyle choices? Improving how you think and how your brain functions? If so, Living Well is for you!



July 1st - August 20th

Wednesday Evenings 5:00-7:00 pm

Walla Memorial Hospital Conference Room

For more information and to register, please contact WMH @ **(541)426-5301**

Space is limited.



Walla Memorial Hospital