

# Living Well

## Anxiety & Depression Recovery

This **FREE** 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 1<sup>st</sup> - August 20<sup>th</sup>**

**Wednesday Evenings 5:00-7:00 pm**

Wallowa Memorial Hospital Conference Room

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

**Class is FREE! Space is limited.**



**Wallowa Memorial Hospital**