

ANXIETY AND DEPRESSION *RELIEF*

— INTERACTIVE WORKSHOP —

FREE PARTICIPANT KIT INCLUDES:

- ★ Inspiring wellness talks
- ★ Expert advice
- ★ Group support
- ★ Cooking demos
- ★ From Plant to Plate Cookbook
- ★ A&DR Workbook
- ★ 8 Laws of Health DVD
- ★ 1-year access to the video course



JOIN US OPENING DAY, APRIL 11 AT 3:00 PM (EST)

DATES

6 SESSIONS: FROM APR. 11 THROUGH MAY. 16, 2026
3:00 pm to 4:30 pm (EST) SATURDAYS

VENUE

WATSONTOWN SEVENTH-DAY ADVENTIST CHURCH
1319 8th Street Drive, Watontown, Pennsylvania, 17777

CONTACT

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