



SEPTEMBER 6-7, 2019
**ENHANCING
BRAIN PERFORMANCE
& EMOTIONAL
INTELLIGENCE**

FREE ADMISSION

INCLUDES PROGRAMS FOR CHILDREN
AGES 5-11

VISALIA CONVENTION CENTER

CHARTER OAK BALLROOM
303 E. ACEQUIA AVE. VISALIA, CA 93291



WITH
NEIL NEDLEY, M.D.

**TOPICS
INCLUDE**

- SEPT. 6, 7PM** Solutions to the Rapid Rise of Depression & Anxiety
- SEPT. 7, 10AM** Optimize Your Brain
- SEPT. 7, 11AM** Depression: The Way Out
- SEPT. 7, 4PM** Nutrition and the Brain
- SEPT. 7, 5PM** Why the Rapid Rise of Depression & Anxiety in Generation Y & Z
- SEPT. 7, 7PM** Cómo salir de la depresión