



# Understanding Depression

This seminar is realistic, unique and empowering! You will learn how to avoid this common illness or how to take control of it if you already have it. 5 - 20 percent of people will experience significant depression at some time in their lives. Everyday that you live with undiagnosed and treated depression you maybe losing precious days from your life.

Learning about this common illness can empower you to take control and avoid any unnecessary suffering this illness could bring. The simple steps you need to take are right at your fingertips. Let me show you how!

## Seminar Objectives:

In this seminar, you will learn:

- ✓ Get the facts about this illness – in simple terms – while dispelling common myths and correcting misinformation
- ✓ Understand the factors that increase a person's risks of getting this disease
- ✓ Understand the factors that can reduce your risk of getting this disease
- ✓ Learn about what screening tests should be done to detect the early signs of this disease when it is most treatable
- ✓ Learn how to recognize the early symptoms of this illness
- ✓ Discover the late complications of this illness if left untreated
- ✓ Learn how to get this condition properly diagnosed by a physician
- ✓ Learn about the best medical treatment options available, such as medications based on national protocols
- ✓ Learn about the non-medical (holistic) treatment options that may be available
- ✓ Know what you need to do to help manage this condition if you have it, or to better care for a loved one
- ✓ Receive helpful contact information (toll-free numbers and Web addresses) on health organization that can provide support and more education
- ✓ And much more!



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All material is presented in a simple format that doesn't overwhelm you with unnecessary information or medical jargon.

## Who Should Attend:

- People who have this illness or think they may
- Caregivers who provide care to a loved one and want to do a better job.
- Any health-conscious person

## Seminar Details:

- This dynamic seminar typically runs 45 minutes to one hour.
- Each attendee will be provided a handout to follow along and to take notes.
- The presentation will be made using screen projected PowerPoint.



# Book Your Seminar Today!

The easiest way to reserve your seminar is to click back to the "Lecture Requests" page on the web site and register your seminar online.

You can also contact us at:

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Dr. Brown's policy regarding fees is to allow you, the host organization, to propose an amount. This amount should reflect your highest and best level of compensation for Dr. Brown's services. Dr. Brown's availability vary depending on the time, location, and format, but we will be happy to discuss this with you in more detail once we have set up a file for your request.