



TAKE THE FIRST STEP TO A
HEALTHIER YOU

Thursday 7:00 pm
Friday 7:00 pm
Saturday 11:00
am, & 3:00 pm
4 sessions

Struggling with stress,
anxiety, or low mood?
Join our 4-part series
workshop to discover
natural,
science-based tools
for healing and hope.
A better mind starts
here.



September 4th to 6th, 2025

Free Workshop

MIND MATTERS: UNDERSTANDING DEPRESSION AND ANXIETY

Presenter: Marcos Salas-Saavedra, Ph.D.
Research Scientist and Science Communicator.

Hightstown SDA Church
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