

Take a moment to find out if this program is for you.

Over the last two weeks, how many of the following symptoms have you experienced a majority of the time? *(please check all that apply)*

- Deep sadness or emptiness
- Lack of interest in daily tasks
- Sleep disturbances *(too much, too little, can't easily fall or stay asleep)*
- Changes in appetite or weight
- Feelings of worthlessness
- Morbid thoughts/preoccupation with death
- Fatigue or lack of energy
- Trouble concentrating on things
- Moving or speaking slowly *(or the opposite)* that other people have noticed?
- Feeling nervous, anxious, or on edge
- Not being able to stop or control worrying
- Being so restless it's hard to sit still
- Becoming easily annoyed or irritable
- Feeling afraid as if something awful might happen

If you checked **four or more symptoms**, this program may be for you.

Call us at **530.889.8780** to schedule a **FREE** assessment and learn how we can help.

