



Nedley  *Depression*
Recovery Program

THIS CERTIFIES THAT

Angela Poch

HAS SUCCESSFULLY COMPLETED THE ONLINE DIRECTOR "TRAINING THE TRAINER"
PROGRAM AND IS NOW CERTIFIED TO HOST 8-WEEK DEPRESSION RECOVERY

Covering the subjects of: Identifying Depression and Its Causes, Lifestyle Treatment for Depression,
Nutrition and the Brain, How Thinking can Defeat Depression, Positive Lifestyle Choices,
Stress Without Distress, Living Above Loss and How to Improve Brain Function.

May 22, 2012

Date

 M.D.

Neil Nedley M.D., Instructor