

Journey Out of Darkness

Natural Approaches to Healing Depression

6-week class in Arlington, MA led by Lynn Caesar, Ph.D.
Tuition: \$300 / Begins 10/15/06 on Sundays 9-10:30 AM

Nutrition ❖ Supplementation ❖ Herbs

**Redefining our relationships with our bodies/
awakening our senses ❖ Developing self-soothing
strategies/self-esteem ❖ Stress management
and lifestyle changes ❖ Minimizing isolation and
building community ❖ Finding personal spiritual
connections/balance ❖ Exploring physical and other
causes of depression ❖ Interactions between drug
treatments and natural therapies ❖ Laughter**



Holistic Health

Lynn Caesar, Ph.D.

226 Massachusetts Avenue
Arlington, MA 02474

Laughter2@comcast.net

781-641-1353