



When an experimental med "cocktail" finally snapped Roxanne out of a severe, treatment-resistant, suicidal, Major Clinical Depression in December of 2000 – a depression which had persisted for nearly four years – she was told that she had a 90% chance of relapse.

That wasn't a statistic she was willing to accept. Through research and her own trial-and-error, she has developed an intentional lifestyle that has kept her depression-free for more than 7 years and off meds since January 2005.

**1 in 5 Americans will experience an episode of Clinical Depression in their lifetime.**

**By 2020, the World Health Organization predicts Depression will be the**

**2<sup>nd</sup> leading cause of suffering and disability worldwide.**

**But it doesn't "have" to be that way. Join us for --**

## *Living Beyond Depression:*

*Seven Daily Lifestyle Choices to Support Wellness and Reduce Risk of Relapse™*

*Seminar is open to the general public*

**Tuesday, June 24, 7:00 p.m.**

**Liberty Oaks Elementary School  
8150 North Farley  
Kansas City, Missouri 64158**

**Register at [www.RoxanneRenee.com](http://www.RoxanneRenee.com)**

*Seating is limited – Register early!*

**Suggested Donation of \$10.00 per person.  
Payable at the door. Proceeds to:  
Mental Health Association of the Heartland**

**Presentations, followed by Q/A Panel Discussion, featuring:**

Hope Ashby, Personal Trainer & Owner/Operator, Anytime Fitness

Paul Dow & Rev. Kristin Dow, New Song Church

Rev. Roxanne Renee Grant, New Song Church

Dr. Todd P. Hill, Founding Member, Northland Psychiatric Specialists, LLC

Scott Hink & Laurie Hink, North Star Church

Dr. Sarah J. Hon, Partner, Northland Neurological Associates, PC

Mary Linda Hughes M.A., L.P.C., N.C.C., Integrative Psychotherapy

Dr. Richard Ortiz, Medical Director, Clay-Platte Family Medical Clinic, PC

Dr. Corey Priest, Director, Your Wellness Connection, PA

Josh Reed, Democrat for State Representative, 38th District

**Living Beyond Depression™** seminar was developed by Roxanne Renee and is based upon her own experience of intentional lifestyle choices that support mental wellness. Roxanne Renee is not a doctor and cannot prescribe medical advice or treatment of any kind. **DO NOT RELY ON INFORMATION FROM THIS SEMINAR IN PLACE OF SEEKING PROFESSIONAL MEDICAL ADVICE.**