

# Are you suffering from Stress, Anxiety, Depression or Alcohol and Drug Issue

**Date: Saturday, 19 Feb 2010, 9am**

**Location: 67 McCarthy's Rd, Maleny**

Proudly supported by  
The Anti-Depression  
Association of  
Australia



**Thousands of people in Australia are currently suffering from anxiety, depression, or alcohol and drug issues as a result of stress.**

The Anti-Depression Association of Australia in conjunction with Fountainhead Organic Health Retreat & Education Centre is proud to announce a seminar on Saturday 19<sup>th</sup> February 2011, outlining a new and unique approach that is currently **working** for thousands of people Australia-wide. **Learn how to change your 1st response to stress!**

*"My 5-year nightmare of Post-Traumatic Stress disappeared almost overnight. The freshest ideas I've heard in a decade!"* Francis McLoughlin, Hon. Advisor, Anti-Depression Association of Aust.

## The Cause of All Stress –

### *Understanding Anxiety, Depression and Alcohol Abuse Issues*

At this groundbreaking introduction seminar, you will learn the **beliefs** and **patterns** behind all stress, anxiety, depression, and these types of behaviours. You will also be given the **solutions** to overcome them. Over 4000 clients Australia-wide have already been helped with this approach over the last decade and **YOU** could be next! **What have you and your loved ones got to lose, other than your stress?**

**VENUE:** Fountainhead Organic Health Retreat & Education Centre (details below)

**COST: ONLY \$95/ per person.** (\$150 couple/ family rates available)

ORGANIC lunch + Morning & afternoon tea included.

**BOOK NOW:** Phone (07) 54 29 6197 or email: [host@fountainhead.com.au](mailto:host@fountainhead.com.au)

**PLACES STRICTLY LIMITED**, so you must book. Please only come if you're ready for change! *This is the first day of a weekend seminar, and the ADAA are subsidizing these spots by \$300 (normally total cost is \$450) as part of their "Solutions that work" programme in 2011.*

Fountainhead Organic Health Retreat & Education Centre, 67 McCarthy's Road, Maleny

Phone: (07) 54 29 6197 Email: [host@fountainhead.com.au](mailto:host@fountainhead.com.au) Web: <http://fountainhead.com.au/events>



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