

# SEMINAR ON MENTAL WELLNESS

A non-toxic approach to anxiety, nervousness, compulsive behavior, emotional distress, autism, attention deficit and bipolar.

Several research studies by medical professionals have supported the decade long observations that "E M P" (a food for the brain) helps people overcome mood disorders.

Empowerplus is a nutrient developed to correct the unique imbalances and deficiencies associated with mental illnesses, such as bipolar effective disorder and depression. It gives the brain what it needs to repair itself and function normally. It has helped thousands of people with these illnesses lead normal lives without medications.

Anthony Stephan and David Hardy, Co-founders of Truehope Nutritional Support LTD will be presenting research findings on Micronutrients for Treatment of Mental Health Disorders.

## SCHEDULE FOR TRUE HOPE MEETINGS

Jan 18, 2010 - Monday 9:00 AM to 2:00 PM. Eddie & Ellen Zimmerman - Contact # 315-536-6252.  
Produce Auction 3691 Rt 14-A, Penn Yan, NY 14527 • Lunch Available.

Jan 19, 2010 - Tuesday 9:00 AM to 4:00 PM. Millers Natural Foods 2888 Miller Lane, Bird-in-Hand, PA 17505 -  
Contact # VM 717-768-7582 • Lunch Available.

Jan 20, 2010 - Wednesday 9:00 AM to 3:00 PM. Peachey Wood Products 209 Sawmill Rd, Reedsville, PA 17084 -  
Contact # VM 717-447-0395 • Lunch Available.

Jan 22, 2010 - Friday 9:00 AM to 4:00 PM. Keim Lumber Company 4465 SR 557, Charm, OH 44617  
Contact # 330-893-3892 • Lunch Available.

Jan 25, 2010 - Monday 6:00 PM to 9:00 PM. Northern Nutrition 2180N 700W, Shipshewana, IN 46565.  
Contact # 260-768-4868. This meeting will be on live conference call while in session.  
Dial 712-432-8773 Code # 1010 then press #.

After the above 5 seminars there will be a training meeting scheduled for persons qualifying as a guide for people in need. This training meeting will probably be done at Reedsville, PA within a couple weeks after the 1st 5 meetings are done.

Watch for ads in the near future on Mental Health By True Hope at the following locations:  
Mumfordsville, KY • Clark, MO • Kalona, IA • Thorp, WI Followed By Another Training Meeting.