



**September 21**  
*at The Oasis in Kanata*

# **Naturopathy and Depression**

**For caregivers of people with  
symptoms of mental illness**

**Glen Cairn United Church  
140 Abbeyhill Drive, Kanata**

**Monday, September 21, 7 to 9 pm  
Free. All welcome.**

Dr. Tanya Manikkam, Doctor of Naturopathy with the NutriChem biomedical health clinic and compounding pharmacy, will talk about how naturopathic medicine can help prevent, improve, or treat health issues, including anxiety and depression.

She will explain how natural treatments may improve caregivers' own well-being as they cope with the daily challenges of helping their loved ones deal with mental illness.