

O C T O B E R 2 0 1 1

*Buena Salud™ Club*

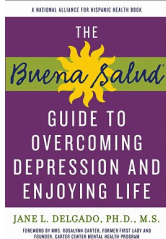
1-866-783-2645

## Overcoming Depression

Did you know that people with depressive illnesses do not all experience the same symptoms? When you have depression, it interferes with your daily life. Tips for overcoming depression are listed at the back of this card.

**Tip of the month.** When it comes to depression, there is very strong evidence that exercise is both good as a means of preventing illness and therapeutic.

**Learn more.** Call the *Buena Salud™ Club* toll-free at 1-866-783-2645 today and receive a FREE copy of the *Buena Salud™ Guide to Overcoming Depression and Enjoying life* book. The service is free, you will get answers to your health questions, and we can even help you find a health provider where you live!



**National Alliance for Hispanic Health - [www.hispanichealth.org](http://www.hispanichealth.org)**

## Tips for Overcoming Depression

1. Eat and drink for a healthy body.
2. Exercise for life.
3. Take your medications.
4. Have a regular source of health care.
5. Stay away from smoke.
6. Get enough sleep.
7. Maintain healthy relationships.
8. Keep a health journal.
9. Cherish your spiritual life.
10. Listen to your body.



CALL 1-866-783-2645  
TO TAKE ADVANTAGE  
OF THIS SPECIAL OFFER  
TODAY!

National Alliance for Hispanic Health  
1501 16th St. NW  
Washington, DC 20036-1401

Adapted with permission by the author from the *Buena Salud Guide to Overcoming Depression and Enjoying Life* (Newmarket Press, 2011).

Available in bookstores nationally and online retailers including amazon.com and barnesandnoble.com.