

# BANISH THE BLUES

*Come learn about Therapeutic Lifestyle Change (TLC)*

*Free presentation Friday, September 9, 3:30-5:00pm*

**What?** A presentation on Therapeutic Lifestyle Change – the TLC approach pioneered by KU’s own Dr. Stephen Ilardi

**Where? Douglas County Senior Center, 745 Vermont, Lawrence**

Erik Wing and Michael Namekata, two of Dr. Stephen Ilardi’s graduate students, will provide an overview of Dr. Ilardi’s Therapeutic Lifestyle Change approach to combating depression. Dr. Ilardi is a KU professor and author of the bestseller “The Depression Cure: The 6-step Program to Beat Depression.”



While our lifestyles have changed dramatically over the last few centuries, the evolution of our bodies has not kept up, leading to the...

## **Core Elements of the Therapeutic Lifestyle Change Approach**

- Balanced diet
- Plenty of exercise
- Regular sunlight
- Regular sleep
- Meaningful social support

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