

# Release Stress Now!

Thursday, September 14<sup>th</sup> 10:30 a.m.

ONEgeneration Senior Enrichment Center

18255 Victory Blvd.

Reseda, CA 91335

818-705-2345



We've all experienced stress, and these days it seems to be worse than ever. It's not just unpleasant, it can negatively affect your health, your relationships and your success.

But the good news is, stress is very manageable. As a certified hypnotherapist and Emotional Freedom Technique practitioner, I've been teaching easy, all-natural and very effective techniques to my clients with great success for several years.

In this class, we'll be learning a series of quick, simple and very effective techniques, most of which can be done just about anywhere and which will have a positive impact on your life.