

Free Hypnosis Therapy Sessions

Shooting Star Event Center Mahnomen MN $2 \ days \ to \ choose \ from:$ Monday February 13^{th} and Tuesday February $14th^{th}$ 2023

Three sessions both days as follows:

Note: Anyone can attend. Space is limited.

Cessation: 10 a.m to 11 a.m

Weight Loss: and 12 noon-1:00 p.m

Anxiety 1:30-2:30

Bring a blanket or a yoga mat to lie on if you would like to lie on the floor for better relaxation/ otherwise you can sit at the table.

REMINDER: Doors will close at 10am sharp/12 noon Sharp/1:30 sharp

Please be on time. You will not be let in after doors close.

Pre-register by calling: **Gina** 218-983-3286 Ext 1357 or **Lori** 218-983-3286 Ext 1270

Or email: gina.boudreau@whiteearth-nsn.gov or lori.fairbanks@whiteeath-nsn.gov

Leave your name, and phone number. Tell us what and which specific session or sessions (cessation/weight loss/anxiety) you are going to. You can attend as many session as you wish.