

You are invited to an educational evening

Release Your Food Cravings with EFT



Date: Friday, November 30th
Time: 7:00pm – 9:00pm
Cost: \$30.00
Where: The Holistic Self Care Center
12 Murphy Drive, Nashua NH 03062
www.thehssccenter.com
Telephone: 603.883.1490

Presented By: Ingrid Dinter, EFT Adv.

Are you craving chocolate, ice cream, or chips? Does the idea of a special food make your mouth water? Do you feel angry or deprived by the mere thought that your favorite food could be taken away from you?

This workshop will teach and help you release your unwanted cravings for good. In this fun and upbeat class, you will be introduced to **EFT-Emotional Freedom Techniques**, a unique form of acupuncture without needles. EFT is highly effective in releasing food and other cravings. It also addresses potentially sabotaging emotional issues, as well as substance sensitivities, that might "steer the boat" in the background. Please bring the foods that you crave and have an open mind; as you see your desire to binge on unhealthy foods disappear for good.