

You can become separated or unfastened from anxiety, depression, and/or hopelessness with Emotional Freedom Techniques (EFT). Get unstuck!

Unstuck: Freedom is at Your Fingertips

Lindsay Lewis, Life Coach and EFT Practitioner, will be presenting how to use Emotional Freedom Techniques (EFT)—also known as “Tapping”—in your healing journey. This therapeutic modality combines ancient Chinese acupressure and neuroscience for gentle yet rapid healing both physically and emotionally.

The practice involves tapping on acupressure points while speaking words and affirmations. This unique approach provides a sense of calm, modifying the way the brain processes emotional information. Come learn the tools to help you create new healthy thought patterns and beliefs. You can free yourself to live your best life.



Lindsay Lewis
Life Coach and EFT Practitioner

TWO LOCATIONS:

MISSION HOPE CANCER CENTER, SANTA MARIA

Thursday, February 13 • 5:00 p.m.

1325 East Church Street, Conference Room, Santa Maria
Please call to register: 805.219.HOPE (4673)

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Wednesday, February 26 • 5:00 p.m.

850 Fair Oaks Avenue, Third Floor Conference Room, Arroyo Grande
Please call to register: 805.474.5300



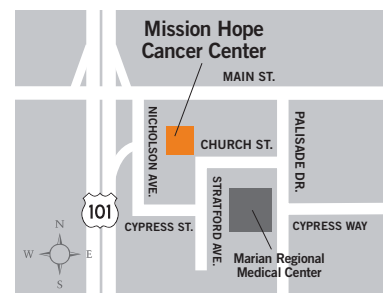
WHAT'S STOPPING YOU FROM
FREEING YOURSELF OF:

- Pain
- Anxiety
- Depression
- Trauma
- Accident and Injury
- Stress and Irritability
- Fears



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