



Free Program

Focus on Seniors

*National City Public Library
1401 National City Boulevard
National City, CA 91950
Information: 619-470-5830*

HYPNOSIS: AN OVERVIEW

Diane Edwards, C.M.H., Master Hypnotherapist

Thursday, September 6, 2012

6—7:30 PM

- ♦ *History and origins of Hypnosis*
- ♦ *Activate the power of your own sub-conscious to:*
 - ✓ *BREAK BAD HABITS*
 - ✓ *ACHIEVE GOALS*
 - ✓ *MAKE PERMANENT CHANGES*
- ♦ *30-Second pain control technique*



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