



Hypnotherapy for Stress Relief

Release stress and emerge rejuvenated and refreshed, with new energy which allows you to pursue your activities with vigor. Notice a harmony and balance of your energies, bringing about a greater awareness and allowing more connection to the world around you.

**Wednesday March 17, 2010
7:30 – 9:00 pm (\$25)
The New You Hypnotherapy
905-812-9500**