



FREE Overcome Anxiety and Stress Workshop.

**Do you feel constantly stressed and on edge?
Do you feel panicky and anxious most of the time?**

Experience a relaxation session so that you leave the class calmer and more relaxed than when you arrived!

**Sonning Common Health Centre in the Palmer Room
On Tuesday 18th June from 2-4pm**

Run by Louise Carter DHP MAPHP Hypnotherapist,
Counsellor at Sonning Common Health Centre and Emmer
Green surgery

Tea, coffee and homemade cake are included.

You will receive class handouts to take away.

This is a thoroughly enjoyable and informative event not to be missed.

**Contact: - Louise@positivethinkinghypnotherapy.com or
0118 9471749 to book your place. Spaces are limited.**