

WELL BEING *Unique Spa Services*
3 E. Dutton Mill Road
Aston, PA 19014
610-494-3220

Hypnosis

for

Healthy Weight Loss

Upcoming Events

[Psychodrama: Delivering A
Clear Message](#)

Greetings!

Once again, WELL BEING is pleased to have this opportunity to offer our clients more amazing insight with professional hypnotist, Barb Gambrill. Barb will be at our offices later this month with a one day workshop for Healthy Weight Loss!

If you've been a fan of Barb's or if you've been missing your goal weight by a cookie OR half a pizza, this workshop was designed with you in mind! R.S.V.P. Required for this one!

Sincerely,

Lynn Johnson, CMT, CHT, MAAS



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Where & When

3 E. Dutton Mill Rd.
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Sunday,
March 30, 2008
12:00pM-5:00PM

Dieting, exercise and will power help you lose unwanted weight but the real secret to changing any habit or belief lies within your mind.

ARE YOU LOOKING FOR:

- A healthy alternative to reach your goals?
- A way to lose weight, effectively, and keep it off?
- An increase in your self-image?
- Freedom to free your mind of "junk food" thoughts?

Successful change depends upon your subconscious mind and its acceptance of suggestions.

You are ready. Come prepared and expect change.

TO REGISTER:

You may contact Barb Gambrell C.Ht., directly:

(215) 300-9041

www.delawarecountyhypnosis.com

COST: \$70.00 which includes CD and refreshments
(\$25 deposit required with R.S.V.P.)

If you want to know more about how to face the unknown and totally and completely accept yourself, you have arrived at your destination.

There IS a difference between knowing the path and walking the path.

Welcome! We'll see you soon!

WELL BEING Unique Spa Services

3 E. Dutton Mill Road
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