

# *Greetings!*

*From Barb Gambrill*

*Events coming up for your mind, body and spirit!*

## **Well Being**

3 E Dutton Mill Road  
(corner of Concord and Dutton Mill Rds.)  
Aston PA 19014

Register by phone 215-300-9041

Email: [barbgambrill@comcast.net](mailto:barbgambrill@comcast.net)

### *Meditation Wednesdays*

May 7                      6:00PM \*

June 11                    6:00PM \*

July 9                      6:00PM \*

\*Followed by Reiki Healing Circle 7:30

PM

Donation appreciated

## **Special Deals from Gambrill Enterprises**

*One Hour Massage*

***\$50.00***

*Buy One Get One Free*

*Wow! hurry! act now!*

Purchase by April 30

## *OPEN HOUSE at Well Being*

*Come meet our wonderful healers and therapists. Enjoy our center and sample some of what we do and what we are all about! Fun and food provided! Door prizes!*

Time: 4-9 PM

Date: Friday May 9



### ***Hypnosis for Healthy Weight Loss***

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

*Successful change depends upon your subconscious mind and it's acceptance of suggestions.*

*Are you looking for:*

*A healthy alternative to reach your goals?*

*A way to lose weight effectively and keep it off?*

*An increase in self-image?*

*Freedom to free your mind of "junk food" thoughts?*

**When: Sunday, June 1**

**Time: 12PM-5PM**

Where: Well being

Register: Barb Gambrill,CH

Call: 215-300-9041

[www.delawarecountyhypnosis.com](http://www.delawarecountyhypnosis.com)

COST: \$70.00 (includes CD)  
\$25.00 deposit required with R.S.V.P.

A nutritious snack will be provided



Give the Gift that keeps on Giving

## Stop Smoking!

Have you ever thought that "quitting smoking" is a gift? It is one of the greatest gifts you can give to yourself and your loved ones. And, hypnosis is a helpful tool that supports your desire to quit now and for the rest of your life.

" A NEW BEGINNING" Group stop smoking program

Where: Well Being

When: Sunday - May 18

Time: 1:00PM-2:30PM

Fee: \$70.00

Includes: a reinforcing CD, phone and/or email support. Free attendance at future workshops, including weight loss on June 1.

Sign up today as space is limited. \$25.00 deposit is required by May 10. Call barb at 215-300-9041 or email at [barbgambrill@comcast.net](mailto:barbgambrill@comcast.net) to register.

Don't smoke? Good for you. Send this to someone who you know wants to quit.  
Thanks!

We at Well Being are looking forward to seeing you at our events. Please call or email for more info. Please feel free to pass this on to your friends and family. Thanks and have a healthy, happy day!

Sincerely,  
Barb Gambrill  
Gambrill Enterprises  
[www.delawarecountyhypnosis.com](http://www.delawarecountyhypnosis.com)