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## Learn to change the way you think, and embrace a healthier lifestyle with Master of Clinical Hypnotherapy, Nutritional & Wellness Specialist, and Transpersonal Counsellor, Karrie Eardley BSc MHT NWS

The focus of this 12-week program is self-empowerment, dietary change, relaxation and visualization to assist you in embracing your healthier lifestyle.

### All you require is

Regular, store bought food  
Willingness to change

Hypnosis helps you to change

- Create realistic goals
- Learn meal-planning
- Embrace helpful habits
- Release old negative habits
- Become more relaxed
- Live a healthier life
- Feel more energized

### Testimonials

"I've learned a lot about myself and about my journey. I've tried so many routes to losing weight but this by far has been the most helpful and successful."

Nola G, Barrie 2008

"I've never had weight loss so simple. I just automatically say no. When I ask for the motivation, - I automatically get up and do it - I don't have to think about it!"

Reta D, Muskoka 2005

<b>From :</b>	Tuesday, March 31st 2009
<b>To :</b>	Tuesday, June 16th 2009
<b>Time :</b>	7 pm - 9 pm
<b>Costs :</b>	\$15 / hour in group and \$90 for your personal consultation. \$450 includes 12 group sessions, one private consultation, a free relaxation CD and your program binder.
<b>Payment</b>	cash, cheque, debit and major credit cards accepted
<b>Location</b>	Avalon Wellness Centre, 11 Collier St, Barrie
<b>More Info</b>	726.8403 or email <a href="mailto:info@barriehypnotherapy.ca">info@barriehypnotherapy.ca</a>
<b>Register</b>	Avalon Wellness Centre: 728.6021

## Register Now, for this Powerful Program

& discover how I lost over 50 lbs and dropped 7 clothing sizes!

No Drugs  
No Supplements  
No Joining Fee