

# TAPPING FOR WEIGHT LOSS

Thursdays, 7/7, 7/14, & 7/21 6-7:15 PM

Use EFT (Emotional Freedom Techniques) to make a change.

By tapping on acupuncture points you can:

- Lose weight
- Change eating habits
- Reduce food cravings
- Shed limiting beliefs



**Where:**

Inner Peace Yoga Center

**Cost:**

\$15 per class Best to attend all 3 but you may attend 1 or 2.

**Registration:** Please register by Tues. 7/5.

**BRING WATER AND A NOTEBOOK.**

**PRESENTED BY: TOOLS FOR JOYFUL LIVING**

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