

THERE IS ALWAYS HOPE



Forks Community Hospital
Ambulance Conference Room
530 Bogachiel Way, Forks

We've all experienced a sense of hopelessness.

Gaining weight. Managing physical pain. Living with cancer. A relationship on the rocks.

Your mind can make heaven out of hell and hell out of heaven. You lose sight of all the good in life and wrap yourself up in fear and anxiety.

But there is hope.

Hypnotherapist Roger Moore will show you how to use a simple technique called mindfulness to soothe your fears and open the doors of hopefulness and peacefulness once again.

FREE WORKSHOP

Tuesday, March 4 ~ 6:30 to 8:00 PM

Roger Moore, Ph. D., is a Certified Counselor and Registered Hypnotherapist. Hypnotherapy is a medically-approved treatment for reducing weight, stopping smoking, reducing the side effects of cancer treatments, minimizing chronic pain, and decreasing feelings of stress and anxiety.

www.HypnosisHealthInfo.com ~ (206) 903-1232 ~ Roger@HypnosisHealthInfo.com