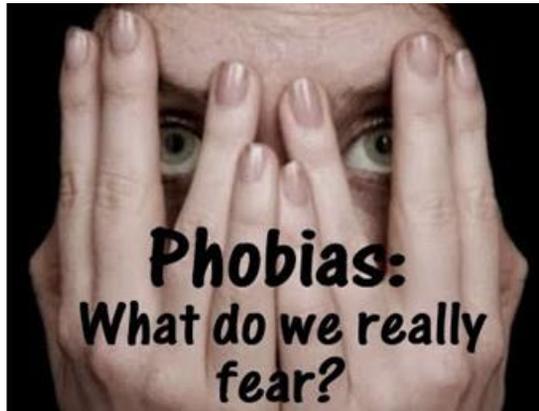


EFT - Fears and Phobias Workshop

with Tanya Lovett MA (Oxon), MSc, RN (Mental Health), who has worked in mental health services for 25 years and is an Advanced EFT Practitioner

Sunday 16 June 9.30 for 10.00-13.00



**Do spiders scare you?
Do enclosed spaces make you panic?
What about heights?
Or frogs?**

EFT is brilliant for reducing the emotional impact of fears and phobias; why not give it a try?
You can begin now to free yourself from the fears that hold you back!

Cost: £25 includes refreshments

**The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth, Herts SG6 3NA
Tel: 01462 678804 www.letchworthcentre.org**

