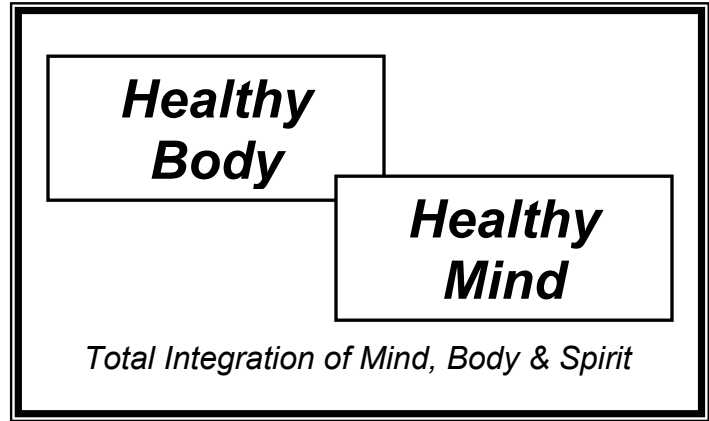




Barbara DeVico, C.Ht
Medical Hypnotherapist



Are You Stressed? Learn the key to self hypnosis and relaxation!

Learn Self Hypnosis and Relax!

Did you know that chronic stress can impair the body's immune system?
Join our class and learn how to prevent this from happening to you!

Some common goals of self-hypnosis:

stress reduction • stop smoking • weight reduction • improved concentration • insomnia relief • self esteem improvement • creativity enhancement • pain reduction

THE NEXT SELF HYPNOSIS TRAINING CLASS IS

WHEN: Call for Details

TIME: Call for Details

WHERE: TBA

COST: CALL FOR DETAILS

To Register: Mail check to the address below OR charge your Visa/MasterCard/Discover by phone at **310-519-5744**. Space is limited so please RSVP early!

For more information or to be added to our mailing list for other workshops please **Call: 310-519-5744** or **E-mail: helthibodi@aol.com**

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Barbara DeVico holds a degree in Medical Social Work from California State University, Long Beach and has done graduate work in both Educational Psychology and Special Education. She is a certified Clinical Hypnotherapist, Neuro-Linguistic Programming Master Practitioner, and a Health and Wellness Coach. She is a member of the American Board of Hypnotherapy, the National Guild of Hypnotists, and the National League of Medical Hypnotherapists. Barbara holds several specialty certifications in hypnosis which include pain control, IBS, Fibromyalgia, hypertension and smoking cessation. She has also worked several years as a specialist in weight management and stress management. Barbara is available for private sessions, presentations, and retreats.