

Women of Wisdom presents:

Come and join us and be introduced to EFT – Emotional Freedom Technique AKA Tapping

Anya, Ashley and Flossie will share ways that we can use this simple practice to create more love, light and peace in our lives.

It's simple and fun!

Tapping utilizes the body's meridian points.

We can learn to stimulate these points with our own fingertips.

**Saturday,
April 12th
9:30 a.m.
at PCAC**

EFT has been shown to:

- Relieve stress and Anxiety
- Improve emotional regulation
- Reduce pain
- Improve sleep
- Enhance well-being

