

Weight Control Support Group

Lose Weight & Control Your Stress
In a Warm, Supportive Environment!



When: TBD

Where: 21241 Ventura Blvd.
Suite 262
Woodland Hills, CA 91364

Time: TBD

Cost: \$TBD

Contact: Ella@SoulOfSoul.org OR
Tanya@SchoolofSoul.org

Other: CEUs for Professionals?

Explore the relationship between your body and mind in a warm, supportive environment. Learn how fears, unresolved emotional conflicts and negative attitudes affect your body.

Using guided imagery, we'll help you improve the functioning of your immune system, relieve anxiety, depression, and moodiness, and enhance healthy eating patterns.

Benefits of this workshop include:

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improved coping skills and adjustment
- Talking openly and honestly about your feelings in a supportive environment
- Reduction in stress, depression or anxiety
- A clear understanding of causality
- Learning about new research
- Getting practical advice or information about treatment options



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***Experience the Benefits of Group Therapy, Workshops & Lectures Today!
Individual Hypnotherapy Sessions Also Available***

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