

**Media Alert/
Calendar Listing**

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Hypnosis Works

WHO/WHAT:

Parkway Medical, a Family Care, Urgent Care and Laser & Skin Medical practice, is holding a series of Hypnotherapy classes with Certified Clinical Hypnotherapist Julie Jones. For an hour and a half participants will learn how to achieve their goals in a variety of areas including, Smoking Cessation, Stress Management, Sports Enhancement, and Weight Loss for \$100.00 per person for each session.

WHEN/WHERE:

April 18 & 25

Smoking Cessation

May 2 & 9

Stress Management

May 16 & 19

Sports Enhancement

May 30 & June 6

Weight Loss

Time: 6:00 -7:30pm

Parkway Medical

6565 E. Greenway Pkwy Suite 102
Scottsdale, AZ 85254

**DEFINITION OF
HYPNOSIS:**

Hypnosis is a state of relaxation that allows you to be open to change. Hypnotherapy assists you to access an unlimited resource, your mind, to reach your goals.

**DETAILS ON
CLASSES:**

Each class will be two sessions covering specific topics, such as:

- Smoking cessation
- Test anxiety
- Work related stress
- Relationship Issues
- Improving your golf, tennis, baseball and swimming skills
- Weight Loss

-more-

**RESERVE A SPOT
TODAY:**

**Seating is limited and attendance is by
reservation only. Please call 602-576-8821 to
secure a spot.**

CONTACT:

For information, photos and interviews, contact
Alyson Lichtenthal at PR Matters at 602-795-7779 or
publicrelationsmatters@yahoo.com.

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