



Suzanne  
DeMasso



# TAP INTO WELLNESS MONTHLY EFT CIRCLE

join us for a fast and effective way to...

- ◆ regulate the nervous system
- ◆ help manage stress
- ◆ reduce physical pain
- ◆ release tension and overwhelm
- ◆ improve memory and brain functions

## Emotional Freedom Techniques aka 'tapping'

an evidence based, self-help tool, that's safe, easy to learn and use!

benefits of 'tapping' in a group...

- ◆ reinforces the effects of tapping
- ◆ connect with like-minded people
- ◆ safe, supportive environment



2nd Monday of the Month | 5:15-6:15pm

UNITY SPIRITUAL CENTER  
3918 SAN JUAN AVE | PORT TOWNSEND, WA 98368  
*(across from Blue Heron)*

For more information:



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*free to the  
community*

