

Workshop coming up:

Finally, nutritional changes made possible!

Nutrition & Hypnotherapy WORKSHOP

We are offering an integrative workshop in Nutrition & Hypnotherapy to help you in transition to healthy eating habits.

Brought to you by:

**Simplify Holistic
Nutrition Consulting**

**Mind Balance
Hypnotherapy**

Facilitators:



Silke Heine, PhD
Nutrition
Consultant



Cliff Aguirre
Certified
Hypnotherapist

**April 5 & April 7, 6-8 PM
at Norwell Athletic Club
Yoga Room.**

**Payment for this whole
work shop package is
only \$ 199.**

**Space is limited, so
please register ASAP!**

Workshop consists of:

- ✓ 1-hour nutritional guidance to a healthy eating plan followed by
- ✓ 1-hour group Hypnotherapy session!

Included:

- ✓ 30-minute private appointment with Silke Heine from Simplify, Holistic Nutrition Consulting after the group seminar, by appointment

Included:

- ✓ A personalized 1-hour additional Hypnotherapy Session with Cliff Aguirre at Mind Body Balance by appointment

Call us for more details:



Silke: (781) 883-5951
www.simplifyholisticnutrition.com

Mind Balance Hypnotherapy

Cliff: (339) 214-8194
www.mindbalancehypnotherapy.com