

# Conquer Anxiety with Hypnosis

Is your mind racing with worry?  
Are you having trouble sleeping?  
Do you get stressed out?

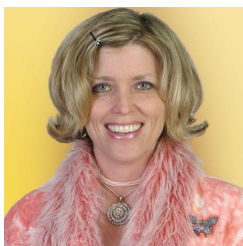
March 3, 2009—7-8:30 p.m.  
Everyday Zen Relaxation Studio  
3740 Atlantic Blvd. Suite 201  
Long Beach 90807

Space is limited. **Call 562-305-3434 to RSVP.**

## Hypnosis Can Help

- Decrease Stress
- Increase Happiness
- Enjoy Your Life More Fully
- Gain Control of Your Emotions

Light snack and beverages will be served



Come to a free presentation by hypnotist Sheri Zampelli. Sheri is a college instructor at Long Beach City College and author of two books: *From Sabotage to Success* and *Donate Your Weight*. She is a certified clinical hypnotherapist who has helped thousands of people to overcome self-sabotage and achieve their potential. Visit her at <http://sherizampelli.com>

Enter for your chance to win a drastic discount on a PRIVATE hypnosis session