



Third Saturday Support Group
With Milestones In Recovery



Saturday, March 21, 2020
11:30 to 2 PM



"EFT Tapping"

Speaker:
Doreen Moore

EFT Tapping works like emotional acupressure to quickly, gently and easily release the negative emotions and beliefs that are at the root of our problems and pain. It works to physically alter your brain, energy system and body all at once. By tapping on the endpoints of energy meridians with your fingertip we can gently and easily alleviate issues like depression, anxiety, insomnia, physical pain, and even illness.

Doreen Moore is an Usui Reiki Master and teacher, Raw Food Chef, certified ThetaHealing Practitioner, and an EFT Tapping Practitioner. She has been working with clients since 2011. Doreen is committed to helping people heal on every level by guiding them back into their power so they can regain control of their lives

*Come for connection, renewal, and fun!
Bring your lunch; bring a friend. Beverages will be provided.*

Suggested Donation is \$20.00.

This program will be held at Renaissance Nutrition Center, Inc.

*No pre-registration is needed
For more information and directions please call:
Renaissance Nutrition Center, Inc.
2500 DeKalb Pike Suite 200
East Norriton, PA 19401
610-275-3699 www.sanefood.com*