

# Want to lose weight AND support a local charity?

**Piece of Minds Hypnotherapy**

**Group Hypnosis Slimming Session**

**including the use of emotional techniques to remove cravings**

**Led by leading local hypnotherapist Susan Lawrence**

**Venue: Arties Mill**

**Date: Saturday 16th April 2011 from 3 till 6 pm**

**Cost: £20 per head – payable on booking.**

**Would you like to be motivated to lose weight easily, stop food dominating your life, enjoy and be satisfied with a smaller portion size and have no cravings for the foods you know puts weight on? Then book today and be in CONTROL of your eating habits.**

**All profits to Lindsey Lodge Hospice charity. Places are limited so booking a.s.a.p. is advisable. Remember you can be raising money and awareness for Lindsey Lodge Hospice if you are committed and use this experience for sponsorship. Sponsorship forms are available on-line at [www.lindseylodgehospice.org.uk](http://www.lindseylodgehospice.org.uk) or ring 01724 843731.**



To book, please contact  
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First come first served.

