

Know  
**WHAT** you  
want to  
change?

This Self-  
Hypnosis  
Training  
teaches  
you **HOW!**



Kathy Doner, MD

# Mastering the Power of Self-Hypnosis

- Frustrated with weight?
- Lack of motivation or self-esteem?
- Suffer from stress or medical conditions?
- Tried to change but automatically went back to old habits?

You can “*train your brain*” to lose weight, sleep better, release stress, boost motivation, enhance performance and improve many medical conditions.

***Learn to reprogram your mental computer  
with Self-Hypnosis!***

**Day/Date: Monday, July 19, 6:30-8:30 pm**

**Location: Melbourne Pro-Health & Fitness Center,  
611 Sheridan Road, Melbourne 32901**

**Trainer: Kathy Doner, MD**

**Training fee: \$35 (pay by check or cash at the door)**

**3 ways to Register:**

1. **call** - 321-258-9698;
2. **email** - kathydoner@earthlink.net
3. **sign up in person** at Melbourne Pro-Health & Fitness Center

**Pro-Health**  
& FITNESS CENTER

*Dr. Doner is an Internal Medicine Physician, Certified Hypnotherapist, and Trainer of Neuro-Linguistic Programming.*

*For scientific research see [www.KathyDonerMD.com](http://www.KathyDonerMD.com)*