

Peace • Joy • Calm



**"Bringing Calm into Chaos:
Stress Reduction
Before the Holidays"**

Dr. Kathy Doner
Certified Hypnotherapist and
Board Certified Internal Medicine

Monday, November 12th 6:30-8:30 pm
\$25 includes "Bringing Calm into Chaos" Self-Hypnosis CD.

Easily learn how to:

- *Calm your Body* • *Clear your Mind* • *Lighten your Spirit*

For more information visit:
www.KathyDonerMD.com

SRMC Classroom. Space is limited,
Pre-registration is necessary -
Call 581-2066,
Monday-Friday, 9:00 am to 5:00 pm.

