

Emotional Freedom Techniques (EFT)

For Stress Management
For women with children aged 0—12

Learn a new technique to manage you stress in this one day session.

Where: Northern Women's Health Centre, 7 Rose Street Wyong

Time: 10.00am to 12.00pm

Dates: Tuesday, September 7

Cost: Free

Phone: 4351 1152 bookings essential

Childcare available if pre booked



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