

# Emotional Freedom Technique class for caregivers

Being a caregiver is a huge part of your life, often with emotional highs and lows. Learn a powerful acupressure technique called Emotional Freedom Technique that can help you lower your fears, balance your emotions and keep you healthy.

In a safe setting discuss the challenges you face as a caregiver and practice ways of dealing with these challenges. This workshop will include a PowerPoint presentation, demonstration, supervised practice and handouts.

This workshop will be presented by Rosemary Manning. As a resident of South Lake Tahoe for more than 30 years, Manning is a mind-body therapist, practicing at her clinic, Tahoe Health Touch.

Date: Oct. 18

Time: 1-3pm

Location: Embassy Suites, 4130 Lake Tahoe Blvd.,

South Lake Tahoe

To register, call: 800.510.2020