

Sierra Economic Development Corporation is proud to present:

# Stress Relief That You Can Tap Into



Instructor, Rosemary Manning, has 25 years of work and study in the field of mind-body health. Her educational qualifications include a Masters Degree in Clinical Psychology and Master Hypnotist Certification. In addition, Rosemary is a Reiki Master and a California state licensed massage practitioner. She began her private practice, Tahoe Health Touch Mind-Body Clinic in 1985, in South Lake Tahoe, California.

## SEDCorp Workshop

**Date:** Wednesday, February 8, 2012  
**Location:** SEDCorp Training Room, 560 Wall Street, Suite F, Auburn, CA 95603  
**Time:** 1:00pm-2:30pm  
**Cost:** \$40.00

This 90-minute *interactive* workshop will teach you Emotional Freedom Technique (EFT), a leading strategy in increasing productivity on a business and personal level. EFT is a simple and effective technique that teaches you how to tap on acupoints with focused attention to help you:

- ✓ Release sabotaging behavior
- ✓ Change negative attitudes
- ✓ Create balance in a busy world
- ✓ Learn a powerful self-care strategy
- ✓ Be your personal best

This fun, fast-paced workshop includes Power Point presentation, handouts and demonstration. **Come learn the leading energy medicine method, EFT.** It is easy and you can use it any time to alleviate stressful emotions.

*"Great presentation...wonderful information...very useful...Rosemary is amazing and inspiring"*

*"Rosemary is a dynamic teacher...she is also warm, engaging and inclusive"*

*"Rosemary was flexible, knowledgeable and fun...her presentation included real life examples and I feel very positive about using the material in my own life"*

## Don't miss out on this valuable class!

**Call today to reserve your seat: (530) 823-4703, or email: [info@sedcorp.biz](mailto:info@sedcorp.biz)  
 Payable in advance by check or credit card. Space is limited, so don't delay.**

Kindly allow 24 hours' notice to cancel your reservation to receive a refund (minus \$10.00 admin fee). Non-Refundable for no-shows.

SEDCorp is a non-profit local leader in the business of supporting the growth of small businesses through training workshops and small business loans.

560 Wall St., Suite F, Auburn, CA 95603  
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[www.sedcorp.biz](http://www.sedcorp.biz)



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