



Emotional Freedom Techniques (aka EFT Tapping) for “Believing you can Heal”

**FREE Workshop August 30th 10am-11am
w/ Steph Dodds @ Crusade Specific Chiropractic**

Space is limited, sign up today!

**Please R.S.V.P. by visiting the events page or events calendar
on our website www.crusadechiropractic.com**



WHAT IS EFT???

EFT (Emotional Freedom Techniques) or Tapping is a powerful self-healing technique that disarms emotional stress and can help relieve physical body pain.

In this workshop, you will get an introduction to Emotional Freedom Techniques, learn the basic recipe for this stress-relief practice, and see how it can support physical body wellness, and “Believing You Can Heal” We may have time for a couple of demonstrations as well.

For more info about Steph & EFT visit
www.stephdodds.tapwithsteph.com