



Hypnosis with Susan Lembo

Tired of breaking those New Year's resolutions? Certified HypnoCounselor Susan Lembo of Effortless Hypnosis can help you find the motivation to create lasting change. She will discuss why it seems so difficult to modify behavior even though you want to. A relaxing Hypnosis session will follow. Bring a pillow and blanket if you'd like a spot on the floor. Susan also specializes in Massage, CranioSacral Therapy, Reiki and Reconnective Healing.

Thursday, January 31 at 7:00 pm
at the North County Branch Library
65 Halstead Street, Clinton, NJ

This program is FREE and open to the public.

Due to the popularity of our programs, we recommend reserving a seat.

Please call (908) 730-6135 or click on the Calendar of Events at www.hclibrary.us

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need.

Please call (908) 788-1434. 1/19