

## Emotional Freedom Techniques Session

Jean will give you tools to ***relieve anxiety and stress*** that will help you achieve a more joy filled life by tapping your way to happiness.

The workshop will include Jeans variety of self help exercises that can ***gain your emotional happiness.***

Jean Buckborough

(480) 982-6020

[jean@newvisionhealing.com](mailto:jean@newvisionhealing.com)

[newvisionhealing.com](http://newvisionhealing.com)



Smiling Dog Learning Center

Dori Lewis to register (480) 288-8749 or

[dori@smilingdoglandscapes.com](mailto:dori@smilingdoglandscapes.com)

[smilingdoglandscapes.com](http://smilingdoglandscapes.com)