

Anxious?

Stressed?

Not coping?

Come and Learn
Effective EFT (Tapping)
Helping you help yourself

A powerful method to gently release unwanted emotional distress.

6 weeks, Wed evenings.
26th Oct - 30th Nov, 6-8pm
At Argyll Wellbeing Hub, Oban

Book here or contact Mairi to find out more
e:mairi@changeisalwayspossible.com
m: 07789845314



£30 deposit to secure a place

Do not let lack of finances stop you,
contact me anyway. We all deserve to
feel better.

"It was a great experience to learn, use it and see it really worked to ease anxiety. It is a great tool and Mairi is a good and entertaining teacher, making learning so enjoyable." NK