



EFT (Emotional Freedom Techniques®)

Brad and Stacey Chappell

You may have heard the term “Tapping” in relation to self-healing. Now is your chance to learn this very effective, very simple skill you will be able to use anywhere and anytime for nearly every issue you can face in life. Known as a form of “needleless acupuncture” tapping is used worldwide by professionals in many fields of healing.

By addressing unresolved emotional issues, EFT has proven effective with a WIDE VARIETY of serious diseases, everyday ailments and personal performance goals.

- φ Phobias
- φ War Trauma (PTSD)
- φ Sexual Abuse Trauma
- φ Addictions
- φ Depression
- φ High Blood Pressure
- φ Migraine Headaches
- φ Chronic Fatigue
- φ Obsessive/Compulsive Disorder
- φ Muscular Dystrophy
- φ Multiple Sclerosis
- φ Rheumatoid Arthritis
- φ Cystic Fibrosis
- φ ALS—Lou Gehrig’s Disease
- φ Weight Loss
- φ Anxiety/Panic Attacks
- φ Eating Disorders
- φ Relationship Issues
- φ Anger Management
- φ Children’s Behavior
- φ Dyslexia
- φ Allergies
- φ Carpal Tunnel Syndrome
- φ Asthma
- φ Insomnia
- φ Multiple Chemical Sensitivities
- φ Pain Management
- φ Women’s Issues
- φ Men’s Issues
- φ Self Worth/Self Esteem
- φ Abundance
- φ Sports Performance
- φ Spiritual Connection
- ...and many more.

Join us Saturday, MARCH 26th from 1:00 to 3:00 PM in the recreation center of the Fairview Manor at 3115 N Fairview Ave.

Questions? (520) 808-9022

Visit our website at Cosmicbear.com

Free of charge, but donations are greatly appreciated.