

# Group Emotional Release Techniques

2005 E.R.T. Sessions — Mondays 6-8p.m.

[Due to allergies please refrain from wearing perfume. Thank you!]

June 13 *Anxious Moments: Release anxiety by looking at the big picture.*  
June 20 *Weighty Issues: Stop the madness!*

September *Couple Up: Date to be announced on this fun weekend for couples.*  
October *Come Unplugged: Are you too attached to your cell phone and computer?*  
November *Bah Humbug: How NOT to be Scrooge this holiday season.*

## Let E.R.T. help you weather the storm!

Dr. Terri Cooper has been a Doctor of Chiropractic and a licensed acupuncturist for more than 14 years. One of Dr. Cooper's specialties is Emotional Release Technique (E.R.T.), which addresses the emotional component of health in a safe, effective, physiological way with spinal and meridian adjustments. E.R.T. includes NeuroEmotional Technique, Next Mind, Next Body, Tapas Acupressure Technique and more. The power and synergy of E.R.T. in a group setting is awesome. Come laugh with us and let go of the old programming. This is a Chiropractic process, not talk therapy.



**Registration is required and seating is limited. \$25 pre-registration/\$30 at the door. Corporate Centre 200 • 200 35th Street in Marion. Open to the public.**



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**WELLNESS**  
CLINIC, PC

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