



## **GROUP HYPNOSIS FOR SMOKING CESSATION**

**Saturday, September 26<sup>th</sup> 10:30 a.m. – 12:00 pm**

**\$45.00 (includes CD for home use)**

**Contact The Center to Register – 315-704-0319**

Every smoker knows the reasons why they should quit. The health risks to your heart, lungs and circulatory system are all well documented. In the United States over \$52 billion dollars in health care expenses and productivity losses are annually lost due to tobacco use. There is documentation to prove that second hand smoke can have detrimental effects on your loved ones, especially children. Besides health risks, smokers' skin ages more quickly than non-smokers; teeth become yellow; hands and nails can show nicotine stains; hair, breath, clothes and environment all smell of smoke. Smoking is an expensive habit and the cost is continually rising. And to add insult to injury, the tobacco industry has increased the amount of nicotine in cigarettes 10% in the last 10 years.

Smoking is a habit and something that we learned to do. We can learn to be a non-smoker, just as we learned to be a smoker. Instead of relying solely on will power to quit the smoking habit, hypnosis can help you access the power of your sub-conscious mind - where habits and behavioral patterns are formed - to become a non-smoker. Hypnosis can help you reprogram your sub-conscious mindset to that of a non-smoker. It is a safe, relaxing and fun tool for helping you to quit the smoking habit once and for all.

This group workshop will explain what hypnosis is, how it works and how you can use it to make positive behavioral changes. You will undergo a group hypnosis for smoking cessation and be given a smoking cessation CD to use at home as a follow-up to reinforce your hypnosis experience. If you are ready to take control and give up smoking this is the workshop for you.

**The Center  
1 Hoffman St. Auburn, NY 13021  
315.704.0319**