

CHANGE YOUR MIND,
CHANGE YOUR LIFE!
A WORKSHOP ON
SELF-HYPNOSIS

SATURDAY,
SEPTEMBER 23

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1:00- 2:30PM



The Putnam Valley Library welcomes **Certified Hypnotist Priscilla Keresey**. In this interactive workshop, Priscilla will teach you what hypnosis is and why it works so well to finally overcome bad habits and create new ones. Hypnosis is absolutely 100% safe, has no side effects, and you will never lose control of your mind (Hollywood has it all wrong!).

Priscilla will demonstrate how hypnosis works, give you step-by-step instructions to hypnotize yourself, and conduct a group hypnosis for those who would like to participate.

Visit <http://www.viahypnosis.com/> for more information. Ages 12 and up. FREE.

You're never too young or too old to use the power of your mind to shape your life exactly how you'd like it to be. When you learn self-hypnosis you can more easily:

- **lose weight**
- **become a more confident student**
- **overcome fears**
- **become a better athlete**
- **quit smoking or other bad habits**
- **set and attain goals**

**Registration is Required, Please sign up at the library or call (845) 528-3242.*