

# Stop Smoking through Hypnosis

January 13<sup>th</sup> 6:30-7:30 PM

or

April 14<sup>th</sup> , 6:30-7:30 PM

Hunterdon Central High School Room

Flemington, NJ

Online at [www.hcesc.com](http://www.hcesc.com) or call 908-439-4280 x1405

**STOP SMOKING THROUGH HYPNOSIS**

**\$55.00**

**HW818 One session –January 13<sup>th</sup> 6:30-7:30 p.m.**

**HW819 One Session- April 14<sup>th</sup> 6:30-7:30 pm**

**Instructor: Barry Wolfson, Director, Hypnosis Counseling Center**

Through hypnosis, smoking cessation is easily achieved in a one-hour session. Eliminate the craving for tobacco while minimizing discomfort. Hypnosis is recognized by the American Medical Association for its therapeutic effects. To ensure physical comfort, please bring a small pillow to class. Reinforcement tapes and CDs are strongly recommended and are available for purchase. CDs \$18. For more information about the Hypnosis counseling Center visit their web site at [www.hypnosisnj.com](http://www.hypnosisnj.com).

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