

**Stressed?**

finding  
*My Balance*

**Depressed?**

**Low self esteem?**

**Want to improve the quality of your life?**

# **Empower Yourself**

**with free EFT (Emotional Freedom  
Techniques) sessions**

EFT gently relieves physical pains and emotional distress with long lasting results. It is a self-applied technique that can be quickly and easily learnt by anyone.

EFT works by targeting the body's natural energy systems to relieve the symptoms of anxiety. This gentle technique will help you to cope better with life stresses and provide renewed interest and energy in your daily life.

The regular practice of EFT is a huge stress reliever and the results are long lasting.

# FREE EFT sessions at the following venues:

## Age Concern, Hawthorne House

51 Paddock Street, Wigston, LE18 2AN  
Thursday 14th April 7pm-8pm

## The Barnabas Centre

Hamble Road, Oadby, LE2 4NX  
Tuesday 21st June 6pm-7pm  
Tuesday 5th July 6pm-7pm

## The Pavillion

Sports Field Lane, Blaby, LE9 3BN  
Wednesday 15th June 12pm - 1pm

## The Salvation Army

Ladysmith Road, off Saffron Road,  
South Wigston, LE18 4UZ  
Wednesday 11th May 6pm-7pm  
Tuesday 14th June 1pm-2pm



“Kamalangi has built up a good rapport and confidence with service users and carers. SRC have seen tremendous positive thinking in applying this programme. I wish Kamalangi all the best.”

Laxmi Chudasama (Project manager, Savera Resource Centre)

“Kamalangi’s EFT presentations have been very beneficial to the aims and objectives of GOOD LIFE PROJECT. She has facilitated very well with various community groups. The therapies have proved to be extremely positive. I look forward to working with her again at various projects.”

Nisha Popat (Co-ordinator for Goodlife Project, Age Concern Leicestershire and Rutland)



To book your free place contact Kamalangi:  
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