

**On Wednesday, 3/20, 6-7PM
in our Hamilton office,
Karen Bruno, PT, DPT presents...**

ENERGY MEDICINE FOR BETTER SLEEP

Difficulty going to sleep or staying asleep? Do you want to sleep more peacefully?

Participants will learn:

- An introduction to techniques to assist sleep
- Easy ways to balance your energy so you can sleep better
- How to activate your body's natural healing ability

Register for free by calling 609-584-4770 or email admin@connectpt.org to attend this unique event!

