

The Balancing Act

For Physical Health and Emotional Wellness

Kimberly Bauer is a Whole Life Healer, Life Coach, Certified Emotional Freedom Practitioner, Health & Wellness Lecturer, and Trainer

Kimberly uses scientifically-proven, self-applied, simple & quick healing methods & techniques to help you cope with the demands of work and life

Learn techniques that get you back to where you choose to be...
with peace, balance, focus, clarity, energy, and health!

Reduce or Eliminate...

- Sadness, Loss, Depression
- Anxiety, Stress, Fears
- Insomnia
- Headaches, Backaches, & Other Pain
- Emotional Issues
- Relationship Conflicts
- Feelings of Being Overwhelmed

...and So Much More Can Be Achieved!

Call KIMBERLY today for a group training on:

Sunday, December 18, 2011 from 2:00pm-4:30pm

or

Sunday, January 22, 2012 from 2:00pm-4:30pm

510-632-6140

Fee \$25

www.symmetry-eft.com