



Ehrlich & Associates Presents...

PRESSURE *Proof* YOUR *Life!*

Become Resilient to Stress

**4 sessions: April 29, May 6, 13 & 20
7:00pm - 9:00pm**

Learn cutting edge, effective stress resiliency techniques.

In this four week workshop, you will learn about the various Energy Psychology and Energy Medicine methods that will help make you resilient to stress while bringing your mind, body and relationships into greater health and balance. Learn how to program your mind to bring success with career, relationships, finances, weight management, enjoyment of life, and more! These techniques are the most powerful and effective therapeutic tools for creating remarkable personal change and growth.

Using the latest research on the powerful mind-body connection, this is a workshop that will give you the tools to become resilient to stress and take healthy control of your life!



Ms. Nicklas Ehrlich, M.S.W., R.C.C.

Nicklas Ehrlich is an inspiring seminar facilitator and sought after psychotherapist. She is the President of Ehrlich and Associates and has over 28 years of experience as a psychotherapist, counselor, life coach, corporate consultant and seminar trainer.

Ehrlich and Associates



Your Compass for Success

<i>When:</i>	April 29, May 6, 13 & 20 from 7:00pm - 9:00pm
<i>Where:</i>	Parkgate Community Center 3625 Banff Court, North Vancouver
<i>Fee:</i>	\$199.00 Attendees will receive a free CD. Limited seating. Please register in advance.
<i>Register:</i>	info@EhrlichAndAssociates.com or 604.990.1584

To view testimonials and to learn more about Nicklas Ehrlich's work, go to:

www.EhrlichAndAssociates.com

For a **FREE** personal consultation call: 604.990.1584