

**Weight Loss by Hypnosis, NLP & EFT**

Weight

If you have found it hard to stick to a diet, it may not be the diet and it may not be a lack of will power on your part. Most people have created a lifetime of associations to the way they feel about food. The key to any successful change is behavior modification. Using creative imagery, Neuro Linguistic Programming, Self-hypnosis and other powerful techniques, you will be able to create new, powerful associations to healthy living habits.

Jan. 5                      Th                      6-9 p.m.                      \$39  
CEC, 404                      Cashell                      LLLX-0868-CEWA

**Where Miracles Live: Tools for Weight Loss Success**

Personal

Have you resigned yourself to never being able to lose weight? Have you tried again and again with no lasting results? Are you sure that losing weight is a lost cause for you? The focus in this one-day workshop will be to look at what consistently gets in your way of losing weight, what sabotages the process and most importantly, tools so you can go beyond where you've stopped yourself in the past. Come experience where miracles live!



One hour for lunch on your own.  
Jan. 14                      S                      9 a.m.-4 p.m.                      \$79  
CEC, 404                      Thaller                      LLLX-0336-CEWA

**Wear This Not That**

Wear



Do you have a closet full of clothes, yet never have anything to wear? Do you only wear 10 to 15 percent

of what's in your closet? Do you wonder when you put something on if it's the right size, shape and proportion for your body type? Does your cluttered unorganized closet make getting dressed an overwhelming daily chore? Do you want to look more pulled together, polished or professional, but need some advice on how to make that happen?

By learning to follow a few simple rules with line, style, color and proportion, anyone can look good on any budget, and at any stage of life. Lisa Petersen will show you how to be your own stylist, edit your wardrobe and have no regrets when shopping.

Discover how the magic of proper fit can transform your look and provide you with lists of the basic pieces every woman should have in her wardrobe and what key pieces you can add every season to freshen things up. Lisa uses her industry experience to help women shop smart and look great for every day.

Bring to the workshop 10 pieces of clothing that represent a cross section of your closet (i.e. Pants, shirts, skirts, dresses, jackets representing casual, work and going out). Each session is limited to four students to allow for one-on-one consultation.

Feb. 4                      S                      9 a.m.-Noon                      \$59  
CEC, 301                      Petersen                      LLLX-0186-CEWA  
Feb. 18                      S                      12:30-3:30 p.m.                      \$59  
CEC, 401                      Petersen                      LLLX-0186-CEWB

**Location Key**

CEC \_\_\_\_\_ Continuing Education Center  
301 S. 68th St. Place