

92Y TO YOUR HEALTH LECTURES

Pain Relief & Emotional Detox: A Mind-Body Approach



Michael Ellner, DD, MSH, CHt

Discover how the mind-body connection can help you feel better to heal faster. Unconscious reactions to life's everyday stressors can exacerbate chronic pain levels. Discover self-help techniques including Quantum Focusing, guided meditation and self-hypnosis to relax, recharge and diminish the suffering from pain associated with ailments such as fibromyalgia, chronic fatigue, irritable bowel syndrome and others.

TUE, DEC 7, 6:30 PM

\$20/\$10 MAY CENTER MEMBERS

Michael Ellner, DD, MSH, CHt, is a certified medical hypnotherapist in private practice in New York. He teaches advanced courses in hypnotherapy at schools throughout North America and South Africa and is a featured instructor of hypnotic pain relief at the annual Major Medical PAINWeek conference.

To order tickets visit www.92Y.org/ToYourHealth,
call 212.415.5500 or visit the box office.

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