

EFT  
TAPPING  
TO  
RELIEVE  
STRESS,  
ANXIETY  
& PAIN



## Life in Balance EMOTIONAL FREEDOM TECHNIQUE

Open to Parkinson Society  
Singapore members  
& their caregivers

Saturday  
10am-12noon  
Live-Online (Zoom)

Come master the **Emotional Freedom Technique (EFT)**, a powerful psychological, clinically proven acupressure technique that shares the same principles as acupuncture to treat physical & emotional ailments.

### Our Trainer

Dr Tan Siok Bee

Deputy Director Nursing (Advanced Practice Nurse)  
Singapore General Hospital

*Dr Tan has more than 30 years of experience in her field and graduated from the University of Sydney & National University of Singapore. She obtained her PhD from the University of Melbourne and her research focus was on coping and the well-being of caregivers of People with Parkinson.*

*She has a special interest in hypnotherapy & is a certified hypnotherapist with the International Medical & Dental Hypnotherapy Association. She is also an international member of the Association for Comprehensive Energy Psychology.*

### Session Dates

15 Jan 2022  
19 Feb 2022  
19 Mar 2022  
28 May 2022  
18 Jun 2022

### Registration Fees

Per Person  
\$20/session  
(PSS Members)  
\$20/session  
(Caregivers of PSS Members)  
\$100/session  
(Non-PSS Members)

**For Registration & Enquiries**  
6353 5338