



## Relieve Stress and Anxiety Through Eden Energy Medicine

**Presenter: Dalia Elimam, MD. Healing Arts Practitioner and  
Workshop Presenter, Certified Eden Energy Medicine Practitioner  
and Teacher**

Date: Thursday, November 14, 2024

Location: Hermitage Farm Center for Healing

Time: 6:00 PM – 7:30 PM

Cost: \$35 Please call Dalia to register: 954-261-6313 or email her at:  
[dalia.gamal@gmail.com](mailto:dalia.gamal@gmail.com)



## RELIEVE ANXIETY AND STRESS

LEARN POWERFUL EDEN  
ENERGY MEDICINE TOOLS  
IN THIS 1-HOUR CLASS TO:

- Help when anxiety strikes so you can move forward with confidence
- Come out of overwhelm so you can clearly see what needs to be done
- Release pent-up anger and frustration so you don't take it out on your kids, partner, or friend
- Calm the Fight, Flight, or Freeze Response so you can remain centered even when your day is tough
- Release past emotions that may be holding you back from enjoying the present moment

