

*Adult Day Care Center of Las Vegas*  
901 N. Jones Boulevard  
Las Vegas, NV 89108  
702.648.3425  
Fax: 702.648.1408



*Adult Day Care Center of Henderson*  
1201 Nevada State Drive  
Henderson, NV 89002  
702.368.2273  
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## "WORKSHOP FOR THE CARING PROFESSION AND CAREGIVERS"

### INTRODUCTION TO EFT (EMOTIONAL FREEDOM TECHNIQUE) FOR SELF CARE

Presented by

REGINA MURPHY, EFT Facilitator and Licensed Massage Therapist  
And  
JOSEPHINE FORRESTER, Advanced EFT Facilitator



**Wednesday, July 15, 2009, 7-8pm**  
at Adult Day Care Center of Las Vegas  
901 N. Jones Blvd., Las Vegas, NV 89108

**Thursday, July 16, 2009, 7-8pm**  
at the Adult Day Care Center of Henderson  
1201 Nevada State Drive, Henderson, NV 89002

EFT combines two well-established sciences: 1) Mind/Body Medicine and 2) Acupuncture without the needles. It's a great way to help reduce stress and pain in your life.

**FREE AND OPEN TO THE PUBLIC AS A COMMUNITY SERVICE**

Monthly Caregiver Support Groups: 2nd Wednesday of each month, 10:00am to 11:30am and the 1<sup>st</sup> Wednesday of each month, 5:30pm to 6:30pm at the Las Vegas Center.

RSVP: Diane M. Hart (702) 648-3425 or by email at [dhart@adultdaycarelv.org](mailto:dhart@adultdaycarelv.org).

*Nevada Senior Services*  
"We Dare to Care"

