

The Anne Penman Stress Management Program combines Laser Therapy, Guidance and Motivational Support including a Telephone Hot-line.

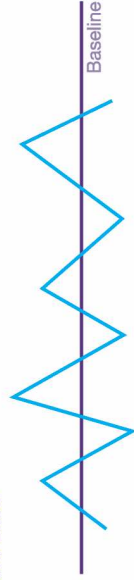
- Promote a feeling of well-being
- Lower anxiety levels
- Reduce mood swings
- Improve sleeping patterns
- Put you back in control

————— **Laser Therapy** —————

Laser Therapy is a well-established therapeutic technique with a wide range of medical applications. The Anne Penman Laser Therapy Program utilizes a cold, soft laser beam which is applied to specific energy points on the hands, ears, nose, wrists, legs and feet.

The laser treatment is safe, non-invasive, drug free and painless.

Before Laser



The Laser will stimulate the release of endorphins, our own natural body chemical, which helps with the relief of pain and stress. This will help you deal with all types of stress and restore balance.

After Laser



————— **Guidance** —————

Guidance focuses on self-belief and positive thinking. During your session we will discuss your life style, the role stress plays in your life and help you look at ways to make lifestyle changes.

————— **Support and Motivation** —————

You are in control and your Anne Penman technician will provide support and encouragement on an ongoing basis.

————— **The Program Consists of:** —————

- ✔ 4 one hour laser therapy sessions
- ✔ Further sessions depending on individual need
- ✔ Guidance on life style changes
- ✔ Continual Support and Motivation
- ✔ Telephone Hot-line



————— **Reasons to Reduce Stress** —————

- ✔ to look great
- ✔ to feel good
- ✔ to enjoy life
- ✔ to function better at work
- ✔ to have a healthy immune system
- ✔ to reduce your risk of heart disease
- ✔ to reduce your risk of cancer
- ✔ to reduce your risk of hypertension





ABOUT ANNE PENMAN

The Anne Penman Program was developed by Anne Penman in 1992. Her centre in Glasgow, Scotland was the first to offer Laser Treatment to help smokers quit. She has treated long-term smokers from all walks of life who have given up

smoking permanently.

A reflection of the treatment's level of success is that a high number of new clients come from personal recommendation.

Anne was a heavy smoker for 20 years and understands the difficulties first hand. During the past fifteen years she has used her own personal experience and that of her clients to continue to develop the Stop Smoking Program and create successful Weight Loss and Stress Management Programs.

Investigational Device limited by Federal (or US) law to investigational use.

**FEEL GOOD & BREAK FREE
WHEN YOU ARE READY
WE ARE HERE TO HELP**

**(904)253-7714
FAX: (904) 253-7715**

**4651 SALISBURY ROAD - SUITE 466
JACKSONVILLE, FL 32256
WWW.ANNEPENMAN.COM**



STRESS MANAGEMENT PROGRAM



**CHANGING LIVES
SINCE 1992**

**LOOK GREAT
FEEL BETTER
LIVE BETTER**