

Norwescap

# Career & Life Club

Virtual Event

**March 26<sup>th</sup>**

**TIME: 12:00PM - 1:00PM**

**LOCATION: Zoom**

**COST: FREE**

## Join us!

### Feeling Stressed?

During this month's Career Club, Certified Tapping Practitioner Alicia Grey will introduce a technique known as Tapping, or Emotional Freedom Techniques (EFT), which is designed to help reduce feelings of stress and anxiety.

Alicia will provide an overview of how the technique works and offer a live demonstration. Participants will also have the opportunity to practice the technique themselves during the session, if they choose.

### Call Today to Register!

Warren & Hunterdon: (908) 788-1453

Somerset: (908) 900-0060 x1501



### Alicia Grey

Alicia Grey is a Certified Tapping Practitioner with a background in hospice chaplaincy. She uses tapping techniques to equip individuals with practical tools to help reduce anxiety, anger, and stress.

**Scan The Code  
To Register  
Today!**



Discover How CLTC Can Support You!

[cltc@norwescap.org](mailto:cltc@norwescap.org)

Servicing Hunterdon, Somerset, and Warren Counties



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