**HYPNOTHERAPY SESSIONS**

Dr Mary Barson is now seeing patients for hypnotherapy.   
Issues Mary can help with are:

Smoking cessation 3 to 4 sessions

Weight loss 3 to 4 sessions

Stress management 1 to 2 sessions

Exercise motivation 1 to 2 sessions

Successful sleep 1 to 2 sessions

Hypnotherapy sessions are available on Monday afternoons, the duration is one hour and there is a Medicare rebate available!

