

# **STRESS REDUCTION and NEURO-EMOTIONAL TECHNIQUE**

Are you in pain? **Feeling fatigue or tense? Lack of concentration? Poor stamina? Have you ever experience any tremor? Do you have muscle spasm or even have some uncontrolled movements. Uptight and frustrated**

Do you feel stress is playing a role in your health? Are your relationships affected by your stress or your health? Do you feel that you are not achieving your maximum potential?

Come to hear Dr. Susan Gillis speak about the ways that we can use our minds and even our stress to positively affect our health. Learn techniques to help you to identify your stress triggers and even methods to identify subconscious thoughts and beliefs that may be holding you back from being all that you could be and doing all that you are capable of.

**When: Friday March 24, 2017 at 12:00 pm**

**Where: 32 Kern Road in North York**

Speaker: **DR. SUSAN GILLIS, B.Sc., D.C.** Doctor of Chiropractic and Acupuncture and certified in Neuro-Emotional Technique ([www.netmindbody.com](http://www.netmindbody.com))  
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Dr. Gillis graduated from the University of Western Ontario on the Dean's Honour List, and from the Canadian Memorial Chiropractic College Cum Laude, receiving several awards of distinction.

She has been active in post-graduate education completing a fellowship in Acupuncture and Certification in Neuro-Emotional Technique. Dr. Gillis has attended many post-graduate courses and seminars, keeping up-to-date on the latest research and developments in the field of health care. Dr. Gillis is happily married with three children and practices in Unionville, Ontario. She is a Director of MaxAbilitation Inc., a rehabilitation company specializing in assisting chronic pain and motor vehicle collision clients and consult on patient management and protocol as well as clinical treatment. Her objective is to empower people to achieve their maximum potential and balance in their physical and emotional health. She and her team of caring professionals work with their patients to help them to overcome their challenges and achieve their optimal health.

