

FOR IMMEDIATE RELEASE

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(NEWTON, NJ, November 10, 2009)– A four (4) week seminar will begin on Wednesday December 2, 2009 offered by Deborah Drumm, APN of Advanced Behavioral Counseling of Northern NJ and Deb McCarren of Change Your Life Counseling, both located at 93 Main Street, Newton, NJ.

The workshop will include meditation & relaxation techniques, better understanding of anxiety symptoms and triggers and participants will make their own essential oil aromatherapy inhaler personally designed specifically for their needs. This is a first of a series of workshops that are planned for the New Year.

The workshop cost will be \$200 and can be submitted to insurance for reimbursement. Newton Memorial Hospital employees will receive a professional discount.

Please call the office at: 973.579.9394 for more information or to make your reservation. The first five callers will receive a \$50 gift certificate good off the seminar fee.

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