

**Thursday January 28, 2010 at 7pm**

**Tapas Acupressure Technique (TAT)®  
—Real Change, real easy®**

TAT is a simple yet powerful tool for getting "unstuck" from the patterns that prevent us from living happier, healthier lives. It helps to quickly and easily resolve barriers and beliefs that keep us from getting more of what we want out of life.

TAT can help with:

- **negative/limiting beliefs** by changing the "story" you tell yourself about who you are and what your future can bring.
- **traumatic/stressful events** by eliminating the emotional charge from the event without reliving it.
- **physical health challenges** by helping to resolve the underlying emotional issues that contribute to physical dis-ease.

Join me for a discussion about how our beliefs and unconscious assumptions affect what we get out of life and an introduction to a simple and powerful technique that can help you move forward in your life with a greater sense of presence, peace, and joy.

Judy Grupenhoff, MS is a certified TAT Professional. She combines nutritional counseling, Hawaiian healing techniques, and TAT to help individuals make positive lasting change. For more information visit the [Power Center Web site](#) or call (413) 427-9738.

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