



## Free Your Path Guided Meditation Workshops

### Stop Smoking...The Time is Now!

What the mind believes, the body achieves! Learn how to get the motivation and confidence to stop smoking, naturally, the reasons to quit and the benefits of quitting will be covered. However, in order to quit successfully, we must change what cigarettes mean to us and the connections they have in our lives. Once you overcome past connections, you will be free to create new, healthier choices through discussion, guided visualization, mediation, and breathing techniques. We will also focus on techniques to prevent relapse and remain permanently smoke free.

Ages: 18 & up

Days: Tuesdays

Dates:

Time: 6:30-8:30 pm

Location: Northborough Senior Center, 119 Bearfoot Road

Instructor: Anna Gammal, body-n-Beyond

Register at: [www.northboroughrecreation.com](http://www.northboroughrecreation.com)

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Body~n~Beyond  
225 Wood Street,  
Hopkinton, MA  
508-435-5656

[www.bodyandbeyond.com](http://www.bodyandbeyond.com)  
email: [bnbmassage@gmail.com](mailto:bnbmassage@gmail.com)