

Virtual Gastric Banding Procedure

... a proven weight loss solution

Forget the diets - reduce excess kilos immediately!

Now in the Sutherland Shire!

Phone 1300 787 694 today!

Using hypnosis, the Virtual Gastric Band assists weight loss and weight control in two ways:

1. Creating a sense of fullness

The brain is taught to believe that a gastric band is pressing on the stomach, which makes the brain think that the stomach is full and therefore requires no more food.

2. Satisfying hunger sooner

The brain believes that the virtual gastric band is creating a smaller stomach pouch, so that less food is required to feel satisfied.

Still time to get into shape for summer!

Highly recognised Clinical Hypnotherapist, Jan Sky, with over 15 years of experience in the field of hypnotherapy, will conduct sessions in Sylvania. Jan is an accomplished counsellor, coach and clinical hypnotherapist and has spoken in Australia and overseas on the power of the mind. The groups will be limited in number and include personal support sessions, manual and CD.

Kick bad habits forever – just 4 sessions!

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| GROUP DATES | Saturday 12, 19, 26 November & 3 December |
| WHERE | Sky Counselling Clinic Suite 10 / 216 Princes Highway Sylvania |
| TIME | Initial session – 10am – 12 noon On-going 3 x sessions – 10 – 11am |
| GROUP COST | \$495 (some private health fund rebates apply) Small groups of up to 5 people |
| INDIVIDUALS | \$680 (some private health fund rebates apply) By appointment |
| ENQUIRIES | Jan Sky 0409 869 664 or jan@skytraining.com.au |

FREE INFORMATION NIGHT

THURSDAY 3 November 7pm
10/216 Princes Highway Sylvania
Phone confirmation essential to reserve a seat!

Contact details:

Jan Sky
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Email: jan@skytraining.com.au
Website: www.virtualgastricbanding.net.au