



**November 15th, Sunday**  
**Free Seminar – 2 pm to 3:30 pm**

Learn how to improve physically, mentally and emotionally with Biofeedback

**Location – Lotus Massage & Wellness Center,**  
**2850 E. Grant Rd. (south side, 1.5 blocks west of Country Club)**

**Contact Person: Ann Baldwin at 520-795-4048**  
**or via email: [abaldwin@mind-body-science.com](mailto:abaldwin@mind-body-science.com)**  
**Website: [www.mind-body-science.com](http://www.mind-body-science.com)**

**Ann Baldwin, PhD**

Join Ann Baldwin, PhD, for an introduction to Biofeedback.

***Cardiovascular Biofeedback*** is a method to visualize your heart's oscillations as you experience a full breath. Using special sensors you can alter your breathing and emotions to bring you back into physical, mental and emotional balance so you achieve a state of ***relaxed alertness***. Your health will improve, your core inner strength will increase and you will be able to work more effectively with others. Equipment will be available for you to try. If you want to learn more about biofeedback you will have a chance to sign up for personal sessions and/or for our new Massage/Biofeedback Combo.