

Lifetree will explore the power of subconscious

The idea of how to stop doing what you hate, or taming you mind, will be the topic explored at the next Lifetree Cafe session this coming Wednesday (June 19).

Looking into the power of the subconscious will delve into practical ways to shed a bad habit or take a positive step in life.

The program will feature an exclusive filmed interview with clinical hypnotherapist Deborah Lindemann.

?This is a helpful hour for anyone who struggles with an addiction, smoking, losing weight, or another challenge in life,? commented Lifetree representative Craig Cable.

The session will run from 7 until 8 p.m. Admission is free. Snacks and beverages are available. Lifetree Café is at 6025 Old Church Rd. in Caledon East, in the café space in St James Church.

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting. Questions about Lifetree may be directed to Bruce Neville at 416-579-9977 or Desiree Neville at 416-579-6748.