



**Southeast Steuben County Library**  
**300 Nasser Civic Center Plaza; Suite 101**  
**Corning, NY 14830**  
**ssclibrary.org**

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FOR IMMEDIATE RELEASE

#### INCREASE WELL-BEING WITH REGISTERED HYPNOTHERAPIST AT SSC LIBRARY

Join us at the Southeast Steuben County Library Oct. 24 at 6 p.m. for a presentation on exploring your personal energy by retired RN and certified hypnotherapist Sharon Clarke.

Clarke has been working in nursing since the mid1990s and became a certified hypnotherapist in 2001. During this time she became interested in the science and technology behind energy and frequency as it relates to human emotions and feelings.

She has since retired from nursing and now focuses her time on helping others to harness their personal energy to improve health and emotional well-being.

Participants will not be hypnotized at this presentation. Sign up by calling (607) 936-3713 ext. 502.

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*Programs made possible by the Friends of the Library*  
*The library is handicapped accessible. If you require special accommodations, please call us in advance: (607) 936-3713.*