

Come early. Seating is limited.

Free Health Seminar in



What to Do



Sandee S. Nebel
LMHC, CEDS-S, E-RYT 200
Psychotherapist & Owner

About Cravings

Wednesday, February 21st at 6:30 pm

with Sandee Nebel MS LMHC, White Picket Fence Counseling

This seminar will explain cravings & solution-focused tools from cognitive therapy. Learn techniques you can apply when craving foods, shopping & other behaviors you want to let go of.

1225 Cleveland St • Clearwater • 727-443-6703