



National Alliance on Mental Illness

# nami | Sussex

**will welcome Wayne Tuttle**  
**to our next General Membership Meeting**  
**Wednesday, September 13, 7-9:00 p.m.**  
**to explain and demonstrate**  
**EFT “Tapping”**

Tapping is a self-administered way to stimulate acupuncture points to seek relief from chronic pain, post-traumatic stress, emotional problems, weight gain, and a wide variety of other psychological and physical conditions. Wayne Tuttle is certified in Emotional Freedom Techniques (EFT) by International Metaphysical University. He has been practicing alternative healing modalities for 27 years and EFT for 9.

The Veterans Administration recently approved EFT for use by VA therapists with veterans dealing with symptoms of post-traumatic stress, depression, anxiety, and pain.

**Location: Bridgeway**  
**93 Stickles Pond Rd., Newton**

There is no charge for this program and no need to register in advance.  
Anyone is welcome to attend, free of charge.

For more information, call [973-214-0632](tel:973-214-0632), email [nami.sussex@gmail.com](mailto:nami.sussex@gmail.com), or visit [www.nami-sussex-nj.org](http://www.nami-sussex-nj.org).