

LINCOLN



QUANTUM BALANCE ERIE: LOIS THOMPSON

UPLIFT YOUR ENERGY BY SHIFTING YOUR THOUGHTS

WEDNESDAY OCTOBER 4TH: 2:30-3:30PM



Ever wonder why you feel what you feel when you think what you think? It's all energy!

Join Lois Thompson from Quantum Balance Erie as she shares how emotions are tied to thoughts and how thoughts have energy or frequency. Learn a few simple tools to help shift your energy to better feeling vibes!

Funded by the Friends of the Erie County Public Library
No registration required!



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