



# THE BELLERIVE QUAY HEALTH HUB

HOLISTIC WELLNESS CENTRE



# HYPNOTHERAPY

## Now available at The Bellerive Quay Health Hub!

- Conquer your fear of heights, flying, public speaking or unwanted phobias.
- Build your self-esteem to perform at your peak during auditions, exams or sporting passions.
- Quit smoking and lose weight while building your capacity to eat nutrient-dense foods and exercise consistently.
- Diminish chronic pain and the symptoms of cancer treatments, IBS and stress-induced conditions.
- Deal with the complexities of sexual health issues and receive resources for symptoms of anxiety or depression.

### Bookings Essential

See the Website and phone The Hub  
to book an appointment!



Natural State  
Hypnosis

The Bellerive Quay Health Hub  
33 Cambridge Road  
Bellerive Quay, TAS, 7018

Level 1 Shop 3A - Group Therapy and Education Hub  
Level 2 Shop 6 - Reception and Retail Hub  
Level 3 - Therapy, Assessment and Consultation Hub

p: 6122 0150  
f: 6122 0169  
e: [reception@yourhealthhub.com.au](mailto:reception@yourhealthhub.com.au)  
w: [www.yourhealthhub.com.au](http://www.yourhealthhub.com.au)