

# Local Hypnotist Helps Smokers in Arcadiana

Miles Perret Center; Cancer Services for Arcadiana

On January 4<sup>th</sup>, more than 150 people gathered in the Fitzsimmon's Auditorium at Our Lady of Lourdes Hospital to experience hypnosis. This hypnosis seminar was conducted by certified Hypnotherapist, Mark Babineaux, as a way to help smokers in Acadiana kick the cancer-causing habit for the New Year. The event raised over \$4,000 for the Center and everyone left with smiles on their faces and hopes to stop smoking in 2006.

"After the seminar, I had one lady write to me and say 'Thank you, Mark. You have saved my life and the life of my beautiful children.' The

power of hypnosis can really work, just as it did for this lady, if you allow yourself to be open to the idea of it," Babineaux said.

Because the response to this seminar was so great, Babineaux and the Miles Perret Center are planning to team up again in late Spring for another Stop Smoking hypnosis seminar. There is also a possibility of having one at the Dome on August 19<sup>th</sup>, as well as a second session about nutrition during the Game Day.

Babineaux will likely do a pain management session for the Center's clients as well.

With over six hundred hours of specialized

training in hypnosis, Mark is prepared to offer his expertise concerning a variety of topics. "I always say that the only important insight is the one that changes your outlook," Babineaux explained. "You never know if it will work for you until you try it."

Babineaux does take individual appointments during his office hours. He has also done several small group seminars. He can help with anxiety, fears, weight loss and more.

For more information on the upcoming seminars or to get in touch with Mark, please call the Center at 984-1920