



We can help **YOU STOP SMOKING**

What is SmokeFreeBrain?

- An EU sponsored program to help YOU stop smoking.
- You will go through a painless and non-invasive procedure called Neurofeedback.
- Neurofeedback helps you learn to control your brainwaves through self-regulation training.

We offer:

- 20 Neurofeedback sessions (1 hour each).
- A few electrodes will be placed on your head and earlobes for monitoring your brain activity and providing feedback.
- You will simply play a video game, listen to sounds/music or watch images on a screen.

Get involved!

- Contact us if you want to stop smoking.
- **If you are young and unemployed the program is offered FREE of charge.**
- Contact us even if you don't smoke but are interested in learning about Neurofeedback.

Contact details:

AAI Scientific Cultural Services

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www.smokefreebrain.eu



**Cyprus NeuroFeedback
Center**
(www.aaiscs.com/nf)

What is Neurofeedback?

Neurofeedback is a painless and non-invasive method. Through training it guides you to control your brainwaves through self-regulation. It can also eliminate harmful patterns of brain activation that may have lead to suffering and prevented you from reaching your goals.

Neurofeedback helps with:

- Peak performance: be always at your best
- Relaxation (stress relief)
- Mood disorders (e.g. depression)
- Attention deficits (ADHD/ADD)
- Autism spectrum
- Learning disability
- Sleep disorders
- Headaches and migraines, chronic pain
- Allergies and asthma
- Post-traumatic stress disorder
- Cerebral palsy

What do we offer?

- Free initial consultation: We explain to you Neurofeedback in general and what, why and how we may help you.
- Comprehensive evaluation to determine in a scientific, objective manner the current state of your brain and develop the best training plan.
- Neurofeedback sessions to train your brain.

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