

**Capital Biofeedback, Inc.**  
***Biofeedback & Neurofeedback: Applications & Demonstrations***  
***Unveiling the Ghost in the Box***  
Thursday, October 18, 2018; 6-8pm  
201 Shannon Oaks Circle Suite 200 Cary, NC 27511  
[www.capitalbiofeedback.com](http://www.capitalbiofeedback.com)

Biofeedback & neurofeedback have been around since the 60s and early 70s... But what is it really? And how does it work? Join us to discover why biofeedback & neurofeedback are effective and see how it could be helpful for you!

**Demonstrations and applications of the following modalities will be presented:**

- Heart Rate Variability (HRV)
- Skin Temperature Training
- Skin Conductance Training
- Electromyography (EMG)
- Neurofeedback



For more descriptions of modalities and applicable conditions, visit [www.capitalbiofeedback.com](http://www.capitalbiofeedback.com)

**Who should Attend?**

- Anyone curious about biofeedback & neurofeedback
- Anyone interested in learning skills to self-regulate & change symptoms
- Anyone interested in holistic health care and alternative forms of treatment
- Providers and referring practitioners who appreciate alternative medicine



**Dr. Tami Maes Fragedakis** is clinical psycho-physiologist and licensed professional counselor in the state of NC, board certified in biofeedback, and has over 15 years of clinical experience. She provides services for both children and adults, as well as individuals and couples. Dr. Fragedakis also has experience working with combat veterans and individuals seeking training to enhance peak performance.

**Limited seating is available. To reserve your spot, please call 984-664-5495 or visit <https://www.facebook.com/events/328801371261589/?ti=cl>**