LOCAL NEWS

Private counselling offered in Boquete for letting go of substances

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Summary

Susan (Suzanna) Clare, a counsellor and long-time movement teacher in Boquete, offers confidential private counselling and exercise support for people wanting to give up alcohol, drugs, tobacco or inflammatory foods.

Full text (English)

A News Boquete post offers confidential private support for anyone wanting to let go of substances that may be harming their health — alcohol, cannabis, cigarettes, and foods such as sugar and white rice that can cause chronic inflammation affecting joints, bones, muscles, brain, skin and heart. Susan Clare holds an M.A. in Rehabilitation Counseling and worked with two psychologists while studying and personally experiencing addiction; she gave up alcohol and drugs 47 years ago and changed her diet to heal mind and body. Now 75, she has taught yoga, Pilates, strength training and somatic movement for over 30 years and remains disciplined in her own practice. She also offers help with exercise and gym work. Contact: suzeclare@gmail.com; all correspondence is strictly confidential.

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