



# ABUNDANT ABSTINENCE I <sup>TM</sup>

*An in depth group study for people  
abstaining from compulsive eating*

This is a 10 week support group designed to help you examine and begin to resolve your problems with food and eating. We will read and discuss parts of the first six chapters of Anne Katherine's book **Anatomy of a Food Addiction**, and her newly published **Your Appetite Switch**. You will learn the principles of:

## **Creating an Abstinent Lifestyle**

### **The Facts, Tools, and Skills Needed for Creating a Comfortable Abstinence**

*Get the support you need, learn the physical basics of food abuse, and discuss:*

- ! Abusive and compulsive eating as a physical sensitivity
- ! The physical, emotional, and neurochemical rewards of abusive food use
- ! How diets, deprivation, and depression affect your food use
- ! How to stop destructive food behaviors
- ! Creating your own concept of food abstinence
- ! Beginning the process of healing

*Facilitated by:*

***H. Theresa Wright, MS, RD, LDN***

*Dates & Time*

Every Tuesday

September 21, 2010 through November 23, 2010

7:30 pm - 9:00 pm

If class is cancelled for inclement weather, the program will be extended

*Fee*

\$350 for the series

Space is limited to 15 people. Your payment reserves your place in the program.

Refunds are not possible for missed class sessions,  
or after the first class session.

*Presented At*

***The Renaissance Nutrition Center, Inc.***

***2500 DeKalb Pike, Suite 200***

***East Norriton, PA 19401***

***610-275-3699***

