

A decorative border with a thick black line forming a square with inward-pointing corners. Four butterflies are positioned at the corners: top-left, top-right, bottom-left, and bottom-right.

ABUNDANT ABSTINENCE II™

Time To Get Abstinent!!

In this brand new ten week program, you will discover an effective process of creating an abstinent lifestyle. Within these weeks of support and direction, you will experience the process of creating a manageable and rewarding abstinence. We will discuss chapters 7 to 16 of Anne Katherine's book **Anatomy of a Food Addiction**. You will define your abstinence and be given a process for initiating it. You will learn:

- ! How to stop abusive food behaviors
- ! How to set up your abstinent recovery program
- ! How to stop food cravings and triggers
- ! How to re-establish abstinence after a relapse
- ! How to begin a spiritual lifestyle

Facilitated by:

H. Theresa Wright, MS, RD, LDN

Dates & Time

Tuesday Evenings, 7:30 pm - 9:00 pm
January 12, 2010 through March 16, 2010

Fee

\$350 for the series

10% discount if you pay in full by the first class.

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
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