



# ABUNDANT ABSTINENCE™ V

## TOPICS IN FOOD RECOVERY

Self Care is a decision, a discipline, and a spiritual practice. This interactive workshop will teach you to practice self care around six challenges in abstinence.

- ž Resistance
- ž Deprivation
- ž Control
- ž Acceptance
- ž Surrender
- ž Spirituality

And a special guest speaker on the topic of Letting Go!!

### Facilitated by

H. Theresa Wright, MS, RD, LDN

### Dates & Time

Every Tuesday Evening  
6:30 pm - 8:00 pm

July 13, 2010 through September 14, 2010

There will be eight (8) classes, but you pay for only six (6) classes.  
Two (2) weeks will be skipped for vacations.

### Fee

\$210 for the series

Space is limited to 15 people.

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

