

*The Renaissance Nutrition Center, Inc.
presents*

Marching to the Beat of a Different Drummer

A weekend for Reflection, Resolution, and Renewal

H. Theresa Wright, MS, RD, LDN

Saturday, February 25, 2012 9:30 AM to 5:00 PM

Sunday, February 26, 2012 9:30 AM to 3:00 PM

Please arrive early so we can start on time.

at

Renaissance Nutrition Center, Inc.
2500 DeKalb Pike, Suite 200
East Norriton, PA 19401

How do you create a strong recovery program? What is the difference between following a food plan and working a strong recovery program? How do you handle feeling different from the rest of the world? How do you get a strong spiritual connection? How can you create a spiritual program that works for you? How do you draw effective boundaries with yourself and others? How could you apply spiritual principles to your recovery plan? Join us in the process of creating a new, revised, and more effective recovery program.

- Using your food plan as a spiritual boundary
- Taking responsibility for nourishing and caring for the body
- The practice of mindful, attentive eating
- Finding peace within your food plan
- Allowing your Higher Power help you maintain food abstinence
- Creating your daily recovery practice
- Creating a spiritual practice that helps you grow
- Drawing boundaries with others not on your path
- Creating freedom from food abuse and obsession

To benefit from this program, you must believe that your Higher Power exists and be willing to deepen your relationship with the God of your understanding. This program is based on the principles of the Twelve Step Program, and does not profess any religious ideology.

You may pay by check, VISA, or MasterCard. Space is limited, and your payment reserves your place in the program. **Refunds are not possible.** For lunch, you may bring food or we will have menus and directions for local restaurants. This program will be audio taped, but with respect for your privacy.



H. Theresa Wright, MS, RD, LDN has both BS and MS Degrees in Nutrition Science from Drexel University, and is a Registered Dietitian, and a Licensed Dietitian Nutritionist . In her twenty nine years experience, she has worked in every area of clinical nutrition practice. She has created and taught many programs combining practical nutrition and food information with behavior modification, therapeutic exercise, self-management techniques and principles of personal growth. For the past twenty years, her practice has focused on treatment of addictive and compulsive eating disorders, cardiovascular health, and diabetes care and education. Theresa currently maintains an active private practice in East Norriton, PA.

Theresa is a skilled and gentle nutritionist. In this presentation, she applies her wealth of knowledge and experience to spiritual and recovery issues that concern all of us. Please join her for this superb program.

REGISTRATION FORM

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Space is strictly limited. You must reserve early!!

Fee includes all workshop materials and mementoes.

A block of rooms has been reserved at a local hotel.

Participants are expected to eat dinner as a group in a local restaurant on Saturday night - Dutch Treat.

Fees:

\$300; 5% discount if paid before February 15, 2012; 5% discount if you took a Reboot Your Recovery program. \$ _____

VISA/MasterCard number: _____ Expiration Date _____

Signature/Authorization: _____

Please send payment to:

*The Renaissance Nutrition Center, Inc.
2500 DeKalb Pike, Suite 200
East Norriton, PA 19401*

*For additional information, please call:
(610)275-3699*