



REBOOT YOUR RECOVERY

A Weekend for Reevaluation, Renewal, and Restoration

Are you finding yourself able to maintain a period of abstinence - then something goes wrong, and before you know it you are back into the food? Did the holidays play havoc with your recovery program? This special weekend has two goals. First to teach you how to get out of that “slippery struggling space” or how to turn a relapse around; and second to teach you how to create and manage a spiritual recovery program. You will learn how to:

- Understand your process of slips and relapses
- Identify your best tools for recovery from relapse
- Learn to use your tools to re-establish abstinence
- Learn how to define and maintain your abstinence

To create, manage, and maintain a powerful, spiritual recovery program focusing on lifestyle change, spirituality, and self management skills and strategies, you will learn the principles of:

- Managing your recovery process
- Redefining and adapting your abstinence
- Self Care - the essential spiritual boundary
- Personal growth - creating the life you really want
- Spirituality and fellowship - letting Higher Power and other people help you

In this two day program, you will learn to plan and begin to create the joyful, useful life you have wanted, free of food cravings, issues, and struggles, full of freedom, joy, and hope.

Facilitated by:

H. Theresa Wright, MS, RD, LDN

Dates and Times:

Saturday, January 28, 2012 9:30 AM to 5:00 PM

Sunday, January 29, 2012 9:30 AM to 3:00 PM

Presented At:

Renaissance Nutrition Center, Inc.

2500 DeKalb Pike, Suite 200

East Norriton, PA 19401

(610)275-3699

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 thirty one 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. 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: _____

NOTES:

Space is strictly limited. You must reserve early!!

Sugar free/flour free lunch provided Saturday and Sunday.

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 you register and pay before January 20, 2012; 5% discount if you took Reboot Your Recovery before. \$ _____

VISA/MasterCard number: _____ Expiration Date: _____

CVV2: _____

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*