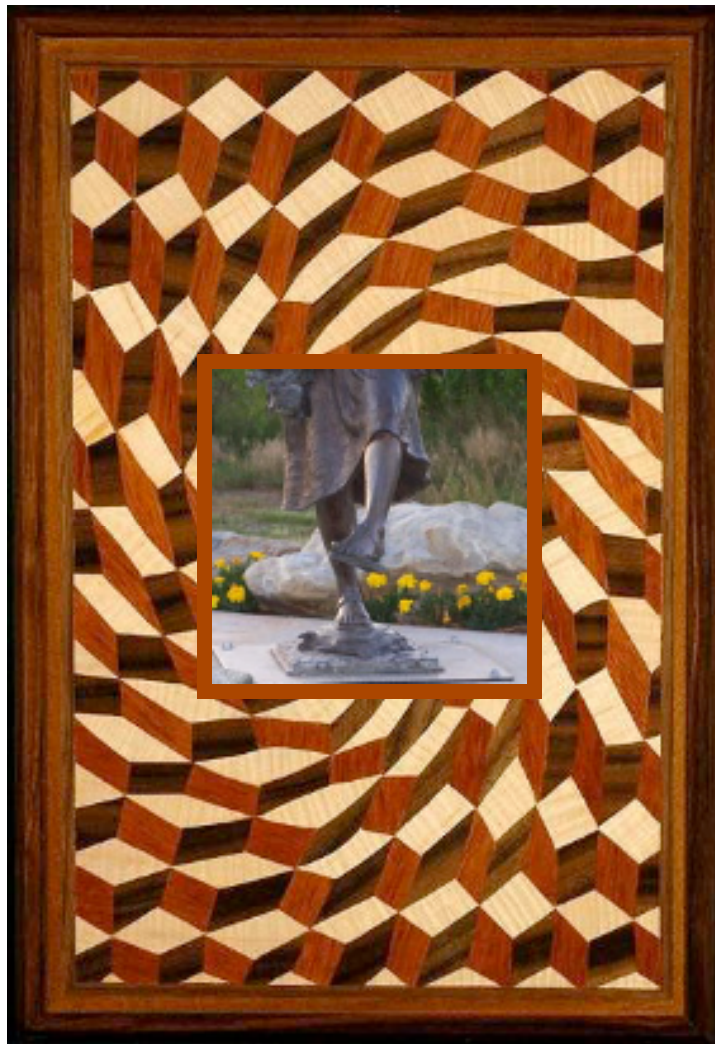


# Stumbling Blocks into Stepping Stones

## January 23-24, 2010



- How do I create a strong recovery program?
- How do I maintain a solid abstinence in the middle of my busy life?
- How do I learn to give myself permission to make my needs a priority?
- How do I let go of the habit of taking on other people's expectations as my own when they don't work for me?
- How do I begin to become the strong recovering woman I want to be?
- How do I remove the big **GLOB** between me and what I really want in my life?

Presented By

M Theodora Carroll Ph.D. CEDS

H. Theresa Wright, MS, RD, LDN

Saturday, January 23 - Sunday January 24, 2010

\$400.00

9:00 AM to 4:00 PM

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

For Reservations Call: 610-276-3699

If 6 people have not registered and paid by January 15, 2010 the course will be canceled.) Space is strictly limited to 12 people, so please register early.

Lunch will be served on Saturday and Sunday.