



Third Saturday Support Group With Milestones In Recovery

Please join us from 11:30 to 2:00pm for a free ranging discussion group on a variety of topics. Please bring your lunch. Beverages will be provided.

JULY 15, 2017

The Five S's of Food Sanity, Part Two

We had so much fun with the five S's of Food Sanity this Saturday, that we decided to continue with Part Two next month. So, on July 15, join us for the five S's and adopt our relaxed and friendly approach. No, you need not have been at this month's program to enjoy July's. It is still 11:30 to @ pm and bring your lunch. We welcome everyone. Please call if you need more information.

August 19, 2017

NeuroEmotional Technique

Once again, we welcome our beloved Dr. Dorothy Klemas, DC, NET to talk about and demonstrate her favorite technique. If you are determined to reduce your stress and not to allow it to bring you down, you will come to understand that it was your own past experiences, which are stored in the body, that are blocking your real success. Join us to experience this powerful tool.

*These dates are tentative; please call or email to check
Suggested Donation is \$20.00.*

Saturday programs will be held at Renaissance Nutrition Center, Inc.

No pre-registration is needed.

For more information and directions please call:

Renaissance Nutrition Center, Inc.

2500 DeKalb Pike Suite 200

East Norriton, PA 19401

610-275-3699 www.sanefood.com