

A decorative border with a repeating floral and leaf pattern, featuring large flowers and smaller leaves, framing the central text.

Trauma, Food, and Recovery

This one-day program will help you to identify and address different trauma reactions, and provide specific tools and techniques to help you cope with the effects of trauma. Workshop topics will include:

- Identifying Trauma
- Long term effects of trauma
- Food and Trauma
- How to change dysfunctional patterns caused by trauma
- Toxic Shame
- Triggers or Agents of Change
- What is your True Self and how to rely on it in Trauma Recovery

Presented by:

Nancy A. Cooper, MA, LMFT
H. Theresa Wright, MS, RD, LDN

Saturday, October 14, 2017
9:30 am - 4:30 pm

at

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

\$150

Cost includes workshop and materials

This session will be recorded, but with respect for your privacy.

Space is limited. Refunds are not possible.

Your payment reserves your place in the program, so please register early.

A sugar free, flour free lunch will be provided.

Coffee, herbal tea, water and seltzer will be available all day.

For additional information and reservations please call:

The Renaissance Nutrition Center, Inc.
(610)275-3699