

SANE FALL RECOVERY SUPPORT



The summer has ended and we are all going back to the daily schedules.

How is your recovery doing?

Could you use some focus and help?

At this time of year, people often need to reorganize and reprioritize their structure with food.

Join us for our brand-new workshop around handling the difficulties of your busy life while keeping the food under control. You will learn:

- Taking Care of Business: prioritizing, reorganizing, and getting your real work done.
- Your Recovery Program: how to rebalance and renew your program so you stay on track,
- Self Care: putting a priority on you and your goals, meeting your needs, and helping you become the person you want to be.
- Food Boundaries: what they are, how to draw them, how to maintain them.

This will be a laughter filled, free wheeling discussion group, using Zoom, to save your travel time. It begins on Tuesday October 9, 2018, and ends on Tuesday, November 20, 2018. Join us on Tuesdays from 7-8 PM.

Fee is only \$197.....seven short weeks could change your year!

To register call Renaissance at 610-275-3699 or email theresasez@comcast.net. Zoom information will be provided. I promise, it's easy! Pajamas welcome!

