



Third Saturday Support Group
With Milestones In Recovery

Saturday, November 17th, 2018
11:30AM - 2:00PM

"The Milestones Playbook" for Food Addiction
*Eating Disorder Recovery: S.M.E.R.F.**

A review and interactive discussion of the slogans and principles of ongoing recovery from the tyranny of food addiction and eating disorders. We'll spend some time talking about the newest evidenced-based approaches to managing both the addictive and emotional elements of our disordered eating. In effect, the focus will address the solutions that consider the challenge of lifelong recovery.

Facilitator: - Marty Lerner

Please join us to hear Marty's Words of Wisdom.
Come for connection, renewal, and fun!
Bring your lunch; bring a friend. Beverages will be provided.

Suggested Donation is \$20.00.

This program will be held at Renaissance Nutrition Center, Inc.

No pre-registration is needed, but please call 610-275-3699 and let us know you are coming so we know how many to prepare for.

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