



Third Saturday Support Group
With Milestones In Recovery

Saturday, January 19, 2019
11:30AM - 2:00PM

A Roundtable Discussion

A discussion group about what works best for your recovery: what did not work for you over the holidays, what is working for you now, how to define success and failure, and knowing what usually works best for you. We will try to answer your most difficult questions and ask you for your favorite affirmations.

Facilitator: Theresa Wright, MS, RD, LDN

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