

RECOVERY AS A JOURNEY

This program is a collaborative weekend workshop among Milestones in Recovery and Renaissance Nutrition Center, Inc. with a special guest from The Starting Point of New Jersey. We will come together to provide a Weekend Retreat for fun, fellowship, and recharge.



CODEPENDENCY THE CORE ROOT OF ADDICTION



This will be a study of the family systems where our traits, characteristics and issues take root. We will look at codependency in three areas – Isolation, Fantasy and Care-taking. They will give us the foundation for the addictive personality. We search for ways to avoid the question, 'Who am I'? Our 12 Steps are a formula to lead us on a spiritual journey of self-discovery and growth.

Recognizing that no relationship will “stay the same” throughout recovery, we will discuss the “4 A’s” of relationships: Attraction, Affluence, Availability, and Appropriateness; you will learn to evaluate and perhaps change your relationships with family, friends, and food. Accepting that we have less power to change others than we have the power to change ourselves, we will discuss strategies for managing the changes needed.

Food and eating are the most intimate experiences of our lives. We will discuss how codependency enhances your food addiction, by not allowing you a sense of self, life, love and approval. How will you manage recognizing and nurturing your own needs without food? We will help you stop sacrificing your needs on the altar of other’s wants, and to learn to see your own value. This workshop will give us the tools to overcome our fears in a spirit of acceptance and love.

April 5, 6, 7 2019

This program begins at 7:00 PM on Friday
and ends by Noon on Sunday.

Maris Stella Retreat Center
7201 Long Beach Boulevard
Harvey Cedars, NJ

Presenters:

Vincent DiPasquale, MA, Founder, Starting Point of New Jersey

Marty Lerner, PhD., CEO, Milestones in Recovery

H. Theresa Wright, MS, RD, LDN, President, Renaissance Nutrition Center, Inc.

In addition to the presentations, there will be ample time for discussion, reflection and relaxing. Join us to connect with old friends, and revitalize your recovery. Come join us "down the shore"!!

The fee is all inclusive: your room at the retreat center (no need for hotel fees), AND four abstinent meals, AND a spectacular program!! All for \$450.

Your payment reserves your place in the program and refunds are not possible. Payment for this program must be made in advance as there will be no registration at the door. Space is limited and group size is restricted, so please register early.

Marty Lerner, PhD, Founder and CEO of Milestones in Recovery

A graduate of Nova Southeastern University, Dr. Lerner is a licensed and board-certified clinical psychologist who has specialized in the treatment of eating disorders since 1980. He has appeared on numerous national television and radio programs and has authored several publications related to eating disorders in professional literature, national magazines, and newspapers. A dynamic and professional speaker, Dr. Lerner’s lectures and workshops offer both an informative and entertaining experience for those attending

Vince DiPasquale, MA, Founder of The Starting Point, Inc. of New Jersey is a renowned lecturer and teacher in the field of recovery. He serves on the Board of Trustees of the Starting Point, an education and referral center dedicated to spiritual development of individuals and their families. Vince, with his friendly manner and down-to-earth lectures, has assisted many to enter a new sense of awareness and come to realize and accept that the power to institute change comes from within. While sharing his own spiritual and emotional growth, he guides his listeners in increasing their self-esteem and allowing old fears and behaviors to make way for a new and fulfilling lifestyle. Vince has lectured nationally on addictive relationships, codependency and its effect on families. He has appeared as a guest on radio and television broadcasts. Vince has also recorded for distribution numerous CDs of lectures and subjects on the topics of spirituality, addiction, and codependency. Author of two books “Relationships – The Gifts of Life” and “Learn to Value Your Childhood – Your History is Your Teacher.” Vince has recorded two CD sets, Personal Growth Series” and “A Journey in Simplicity.”

H. Theresa Wright, MS, RD, LDN, Founder and President of Renaissance Nutrition Center, Inc.

Theresa is a skilled and gentle nutritionist and has both BS and MS degrees in Nutrition Science from Drexel University. She is a Registered Dietitian and a Licensed Dietitian Nutritionist. In her thirty- eight years of experience, she has worked in every area of clinical nutrition practice. She has created and taught many programs combining practical nutrition and food information with behavior modification, therapeutic exercise, self-management techniques and principles of personal growth. Theresa has been named one of Today’ Dietitian magazine’s “10 Incredible Registered Dietitians Who Are Making a Difference”. In addition to professional articles and book chapters, Theresa has written “Your Personal Food Plan Guide”, three cookbooks titled “Delicious Recovery”, and “Anna’s Horse” a workbook about self-care.

REGISTRATION FORM

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Credit card _____ Exp _____ CVV _____

The fee (\$450) includes the spectacular program, your room at the center, Breakfast – Lunch – Dinner on Saturday, and Breakfast on Sunday – PLUS time with Vince, Marty, and Theresa. Don’t miss this!!

Please call Renaissance at 610-275-3699 to register.
You may pay with Visa, MasterCard or check.

Renaissance Nutrition Center, Inc.
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East Norriton, PA 19401