



**Third Saturday Support Group**  
**With Milestones In Recovery**

*Saturday, April 20, 2019*  
*11:30AM - 2:00PM*

***The Committee That Runs Your Mind***

*Managing the chaos your addiction creates*  
*Recognizing who is speaking*  
*Setting your goals*  
*Creating an effective committee manager*  
*Involving your Higher Power*  
*Creating order in your mind*  
*3 Tao principles to use in abstinence*

***Facilitator: H. 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](http://www.sanefood.com)*