

Healthy Boundaries For the Holidays

This program is a 7 week course and support group designed to help you build and maintain an abstinent lifestyle through the hustle and bustle of the Holiday Season. You will understand the different types of boundaries, and how to use them to maintain your food abstinence.

- We will discuss what a Boundary is and how we can create effective Boundaries.
- Learn the four types of Boundaries: permeable, flexible, firm and brick wall.
- How to create and maintain effective Boundaries with myself.
 - What are the Boundaries I need to create with others?
- How effective Boundaries can enhance my food abstinence and my enjoyment of the holidays.

Facilitated by:
H. Theresa Wright, MS, RD, LDN

Dates & Times:
Every Tuesday Evening Live on Zoom
November 24, 2020-January 5, 2020-11-16 7pm-9pm est.

Registration and Fee:
You may register by calling our office at 610-275-3699.
Fee for the 7 week course is \$397.00

Payments can be made by Credit Card by calling our office at 610-275-3699. We also accept Paypal payments which can be sent to Info@sanefood.com.