



# EMERGENCY ROAD SERVICE

## Help For The Holidays! Eight Weeks - Six Solutions!

The holidays are here and you're not ready,  
There's too much work and you're not merry,  
You have no cheer, and can't wait for it to be Next Year.

With food all around and the kids always calling,  
It's no wonder you feel your abstinence falling.  
Come, share your stress, with others who understand the mess.

Six strategies for success in maintaining abstinence during the holidays - The Chaos and the Joy, Socializing and Sorrows, Stumbling Blocks and Stepping Stones. Walk with us through this joyful, delightful, difficult time and learn the strategies that lead to freedom. Let the holidays *transform* you into the person you've always wanted to become.

Presented by:

**H. Theresa Wright, MS, RD, LDN**

Date & Time

Tuesdays, November 21, 2023 through January 9, 2024  
7:00 PM to 8:30 PM

Fee

\$300

Presented Online with Zoom

Class is limited to 20 people, and may be canceled if fewer than 6 people sign up for it.

Your payment reserves your place in the program,  
and refunds are not possible for missed class sessions or  
after the first class session.

For information and to register please call:

Renaissance Nutrition Center, Inc. at 610-275-3699