

Post-Holiday Recovery Weekend

The holidays can be a difficult time for food addicts. Whether one maintains a strong abstinence, has problems with their food or is just becoming aware of their need for more help – all of these can benefit from the inspiration, education and support available at an ACORN food addiction recovery weekend. **The recovery workshop is open to all ACORN alumnae and to those who have never attended an ACORN event.** You **do not** need to have a current abstinence to attend.

- * **Friday** evening begins with a community circle, individual introductions and a presentation by ACORN staff.
- * **Saturday** there will be small groups led by ACORN facilitators to support participants to get clear about individual food abstinence, identify blocks to recovery and experience food addiction recovery. Saturday evening will offer an open, food-related Twelve Step meeting.
- * **Sunday** morning will focus on the spiritual solution to food addiction and support for individual recovery plans.

For further questions or to register please call 941-378-2122 or email rmccumber@foodaddiction.com.

ACORN Food Dependency Recovery Services
PO Box 50126, Sarasota, FL 34232 | foodaddiction.com | 941-378-2122

January 10—12, 2014
Bradenton, FL

Weekend Schedule:

Friday:

7:00 pm—9:00 pm

Saturday:

9:00 am—12:00 pm

1:30 pm—4:30 pm

7:00 pm—9:00 pm

(Optional) Open 12-Step Meeting

Sunday:

9:00 am—12:00 pm

Fee: \$200

*does not include meals or lodging. Lodging is available. Please inquire.

Facilitators:

Phil Werdell
and Mary Foushi

