



OLITION WELLNESS SOLUTIONS
Integral Approach to Mastery

TLC (*THERAPEUTIC LIFESTYLE CHANGE*) DINNER SUPPORT GROUP



Do you want to:

- Experience hands on preparation and learn about culinary skills?
- Enjoy healthy foods that taste great?
- Take home simple recipes and easy menu ideas?
- Understand food messages you learned as a child?
- De-mystify the latest research on supplements and nutrition?
- Learn why we turned the food pyramid upside-down?
- Get in touch with what's eating you?

Then:

Join our TLC Dinner Support Group, a unique support group for anyone looking to change their eating habits.

Every other Wednesday the group prepares a healthy meal of fresh and delicious foods, followed by a group discussion over dinner. Together we learn the practical and emotional skills for eating healthy.

We found that it is important to help our clients implement their doctor's nutritional recommendations. Often doctors suggest dietary changes that patients do not know how to implement. This can be a barrier to success. TLC is a hands on approach to cooking healthy foods for those who may feel intimidated in the kitchen. We give our group members the guidance they need to succeed.

TLC participants are given practical tips for healthy eating, easy meal planning, hands-on food preparation, navigating the grocery store, & stocking the pantry. They discover how delicious healthful food is, its nutritional benefits, & how easy food preparation can be.

In addition to the practical skills, we provide support for emotional issues that inevitably surround eating habits & choices. The group processes the relationship they have with food & how that impacts their choices.



Jean Robinson, MA LPC
Counselor & Executive Director

Date: Wednesday

Time 5:30 pm - 8:00 pm

Facilitators:

Jean Robinson, LPC

Register:

(609) 688-8300

Group fee may be reimbursed under some insurance plans