

New 8 Week Health Workshop ~
*Using Spiritual Principles to
Make Lifestyle Changes*

Whether making dietary or exercise changes,
if we want to keep the eating addiction in
remission,
using Spiritual Principles to make those changes
is the path to integrity, sanity and freedom!

We will be covering:

How to evaluate and clarify your individual
needs/goals

How to utilize Spiritual Principles in moving forward

How to recognize and minimize any addiction
chatter

Invite and help our *younger selves* to be part of the
changes

Embracing guidance and support for incorporating
your lifestyle changes
from a Spiritual perspective

When: Feb. 7 - Mar 28 - Mondays 5-6pm
(or second group 6-7pm if the 5pm one fills)

Where: Zoom - *Fee:* \$250.00

Limited to 6

Email or text to register : bljack44@me.com

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