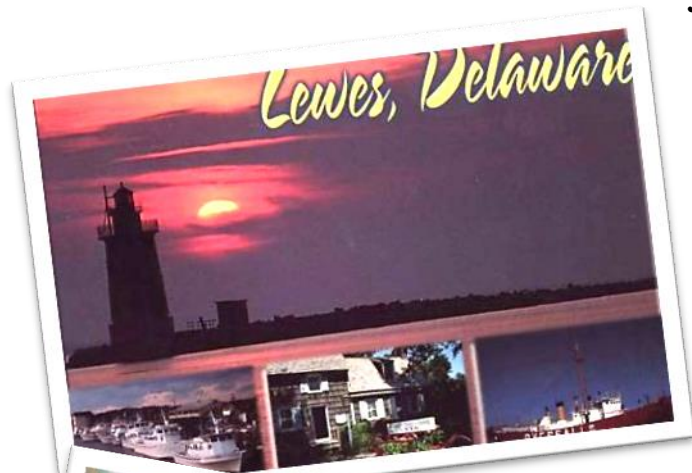


OVERCOMING FOOD ADDICTIONS BEACH RETREAT

Join Deborah Coulston, MA, MATS, LMFT
for this 3 night, 4 day weekend
retreat at the beach,
Friday, Oct 4th - Monday, Oct 7th.

Renew body, mind, heart and spirit.

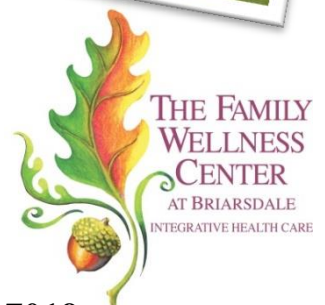
Break free from food addictions and compulsive eating with this therapeutic and educational retreat. Overcome your struggles with food and self-image by discovering the transformational power of Self-Care and honoring your body with Whole Foods. Design the life of health and confidence you truly want!



- Food Addictions Program
- Three nights lodging
- Breakfast, lunch & healthy snacks

**Learn to love your body
and care for it like the temple it is!**

***Regain control of your life
during this Weekend of Transformation!***



The Family Wellness Center 1000 Briarsdale Road Harrisburg, PA 17019

- Spacious beach front home with private decks & water views
- Gorgeous, serene and historic Lewes, Delaware
- Private bay beach in beautiful Cape Shores
- Next to Cape Henlopen State Park with over 5,000 pristine acres
- Six miles of ocean front with biking and walking trails
- Enjoy fishing pier with dolphin watch at sunrise and sunset
- Just steps from the beach

Learn how to care for your body through a vitalistic whole food program!

Reclaim your life and eating habits & restore yourself



Perfect Setting to Reclaim Harmony with Food!

Cost includes the Food Addictions Education Retreat Program, all 3 nights lodging, yoga and belly dancing classes, plus breakfast, lunch and healthy snacks during retreat. Plan to cook your own evening and Sunday meals, or enjoy the local cuisine of Lewes and Rehoboth.

The Food Addictions Program begins Friday October 4th at 1pm and concludes Sunday October 6th at 5 pm. Sunday night through Monday you are free to enjoy the blessings of the beach and continue your journey of transformation.

Meals are mostly sugar, dairy & gluten free!

PLEASE CHOOSE:
 Vegetarian Vegan Gluten Free Other _____
 Complimentary Chiropractic Yes No

Name _____ Street Address _____
 City _____ State _____ Zip _____ Phone # _____
 Email _____ Form of Payment Cash Check Credit Card
 Credit Card # _____ Exp Date ____/____ Security Code _____

Please drop off or mail registration form and payment to:
 The Family Wellness Center, 1000 Briarsdale Road, Harrisburg, PA 17109
Call 558-8500 with any questions.

Cost is \$695
\$200 Deposit (non refundable)
Balance due September 14, 2013
**You'll need to bring your own towels and linens!*