

“HELP ME EAT”
ADULT VIRTUAL SUPPORT & PROCESS GROUP
Beginning May 5, 2021

Wednesdays 6:00 PM to 7:30 PM | \$65/Group or \$240/4 Weeks (Save \$20)

“HELP ME EAT” is a weekly group co-facilitated by Jane Schlueter, RDN and Winter Groeschl, MC, LAC. At Sinnergy Wellness Group everything we do is grounded in our philosophy that nutrition restoration must be the FIRST step in the recovery process. The emotional challenges and struggles that come up when we begin to restore can make following a Nutrition RX feel like an uphill battle. In this group, participants will be supported simultaneously from both the nutrition and mental health side of recovery. We will provide tools, support, and a place to process this very understandably difficult time that we wholeheartedly believe will be the foundation of life long recovery.



SINNERGY
WELLNESS GROUP
COMPREHENSIVE NUTRITION
THERAPY FOR EATING DISORDERS

Questions? Call/Text:
(480) 382-6109

REGISTER ONLINE AT:
SINNERGYWELLNESSGROUP.COM/GROUPS

