



VOLITION

WELLNESS SOLUTIONS
Integral Approach to Mastery

TLC (*THERAPEUTIC LIFESTYLE CHANGE*) DINNER SUPPORT GROUP

Do you want to:

- Experience hands on preparation and learn 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?

Then:

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

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

Dates: Every Wednesday
Time: 5:30 pm to 8:00 pm
Facilitators:

Jean Robinson, LPC,
Debra Halton, BS RPh
& Leslie Azaroff, MA RD

Registration is required. Group Fee may be reimbursed under some insurance plans. For more information, call us at (609) 688-8300 or email us at info@volitionwellness.com.



“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. We give our group members practical, hands on tools, so they can succeed.”

Jean Robinson, MA LPC
Counselor & Executive Director



“TLC participants are empowered to create a healthy life. Information based on sound research is turned into practical tips for healthy eating, easy meal planning, hands-on food preparation, navigating the grocery store, & stocking the pantry, while providing support for emotional issues that inevitably surround eating habits.”

Debra Halton, BS RPh
Registered Pharmacist & FLT Certified



“TLC is a hands-on approach to cooking healthy foods for those who may feel intimidated in the kitchen. They discover how delicious healthful food is, the benefits of all the nutrients in a plant based diet & how easy the cooking is. Woven into the conversation is the relationship we have with food & how that impacts our choices.”

Leslie Azaroff, MA RD
Registered Dietitian