



Making Friends With Food

Do you feel despair with your struggle to manage your weight? Do you experience anxiety, mood swings, irritability, or a persistent mental fog? Would you like to learn how what you eat affects cholesterol, blood pressure, diabetes, allergies, ADD, and many other physical ailments? Would you like to discover how the way you eat can create craving and obsession that harms your physical, emotional, and mental wellbeing? Gain the knowledge and experience you need to break through destructive patterns and find new ways to eat that enhance your overall health. Our food and health course teaches you how to disrupt unhealthy patterns with food and how to create a life-long way of healthy eating.

“As a former nutrition major, I found myself doing everything I learned not to do. The Food and Health workshop showed me the addictive patterns I’d developed with food. Since completing the course I’ve reached and maintained a healthy weight, no longer have mood swings or anxiety, and I’ve completed two marathons and many half-marathons. I’ve also re-established an exercise program that contributes to my overall wellbeing. I sleep well, feel better, and have plenty of energy.” Aimee T. non-profit executive.

The co-owners and associates of DTP-Leadership Group incorporate the work of Kay Shepherd to provide you with an informative, creative, and effective program based on 30 years of experience.

After this course you will be able to:

- Identify reactive ingredients in food products and understand how they affect you
- Eliminate diet thinking and establish a commitment to a different way of eating, thinking about, and relating to food
- Shop for food, prepare food, and eat away from home and while traveling to maintain a healthy food plan
- Establish a healthy food plan for your household
- Appreciate the value of recovery programs related to food addiction
- Process feelings so you aren’t triggered into thinking and behaving in ways that cause unhealthy eating
- How to apply what you’ve learned to continue make healthy food choices

**Join us for our *Making Friends With Food*
Teleconference
Workshop January 24-March 28, 2018**

The Program provides:

- 10, 2- hour conference calls
- A short assessment of current patterns related to food
- Experienced and knowledgeable facilitation
- Personal consultation
- Participation from the comfort of your own home
- Practical tools to establish new patterns
- Customized personal action plan

DTP-Leadership Group, LLC

Disrupt the Present in Service of the Future

T: 713.202.6884 or 713.705.1217 E: info@ntp-leadership.com Website: www.ntp-leadership.com

Your investment:

Food Assessment.....	\$50.00
Course Materials	\$50.00
<i>Making Friends With Food</i> Workshop	\$4,100.00
Total Value.....	\$4,200.00

Registration by January 17, 2018 \$1,095.00

(Note: we are able to pass on savings from our partners)

Early Registration Value due by January 10, 2018 \$750.00

We have limited space available. Final day to register is January 17, 2018

Refunds will only be given if we receive your written notice of cancellation within 10 business days of receiving your full payment for the *Making Friends with Food* workshop for which you registered. Otherwise, your full payment will be applied as a credit towards a future workshop good for one year only. All registrations include a non-refundable \$90.00 registration charge per person.

To Register...

Phone: 713-705-1217 or 713-202-6884 Fax: 713-520-7782 Email: info@ntp-leadership.com

Mail Payments to: DTP-Leadership Group, LLC 4726 Yoakum Blvd. Houston, TX 77006

Name

Title Company/Division.....

Business Address

City State/Province Zip/Postal

Country Email

Telephone Fax

Don't miss out! Register NOW!

Invite your friends, family, and colleagues! Group rates available!

FOR MORE INFORMATION:

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