



Nourishing Resilience

Retrain Your Thoughts: Eat, Move & Feel Better

Nourishing Resilience gives you the skills to manage stress and implement your healthy intentions:

- You'll make healthy choices in a balanced brain state.
- Harmonize your feeling and thinking brain!
- Learn the skills of emotion regulation and move towards greater balance, vitality, and joy.
- Build your resilience toolkit using neuroplasticity, positivity, and attachment skills.

Want to learn more?

#1: Sign up for one Info/Orientation Session:

- Wednesday, January 18th, 2023 -- Time: 5:30pm - 6:45pm EST via Zoom OR Wednesday, January 25th, 2023 -- Time: 4:30pm - 5:45pm EST via Zoom
- Price: \$20

#2: Enroll in Nourishing Resilience 7-Week Class (1.5 hr weekly class)

- February - March via Zoom
- Price: \$260 (Includes \$240-tuition, and \$20 (+ shipping) for the *Nourishing Resilience Essentials* course workbook)

To Register or Ask Questions:

Email: Cynthia Moore (cynhygeial45@gmail.com) or Kris Bonham (krisbrd0304@gmail.com)

Facilitators: Kris Bonham RDN and Cynthia Moore MS, RDN, CDE