

ARE YOU “MADE TO CRAVE”?

12 Week Woman’s Christian Wellness Series

Is the fast food drive through your best friend?



Feeding the loneliness? Skipping meals? Are those chips really calming your stress?

This study will empower your mind, body and spirit to
break those un-healthy eating habits.

Free Introductory Session

Sat. March 3, 2012 9-10 AM

Come join us for a peek preview and light refreshments!

Bring a friend!

**Brightside Counseling Services
3729 Union Rd.
Cheektowaga, NY 14225
716-783-0407**

*** Call by March 1st to register for *Free Introductory Session***

Series runs every Sat. from March 10- May 26th 8:45-11:00am



****Pre-register for series by March 5th***

Food can definitely change your mood...Let us help you find the balance you need....

Get those unhealthy habits on track.

**We'll help you to address those unwanted habits from not only a physical perspective,
but also from an emotional and spiritual perspective.**

Lysa Terkhurst is the author of Made to Crave and the Made to Crave Action Plan. Her material from these books will be the main meal. Her books not only address the “how to” with healthy eating, but she also motivates you to “want to” eat healthy. She states “WE WERE MADE TO CRAVE GOD, NOT FOOD”.

Uniquely presented by: Sherri Watters Siena, Certified Nutrition Consultant for Brightside Counseling, and former Family Life Network’s radio talk show host of “Food for Thought” will embellish more detail on the “how to” eat smart and provide you with practical tools for the best fuel to keep your body running at its’ optimum level.

Charmaine Fanara, Licensed Clinical Social Worker, and owner of Brightside Counseling will help you gain insight into what feelings you may be trying to express through your unhealthy choices. If you are an emotional eater, you need to learn to Deal with what you Feel.