







STRIVE MD Motivational Series – Information & Outline

	Successful
	Tools for
	Realistic,
	Introspective and
	Valuable long-term
	Effective weight-loss.

STRIVE MD is a series of group therapy meetings being held by both Dietitian Nancy Lum and Therapist Dawn O’Meally. So participants will have access to both nutrition counseling and psychotherapy at the same time, at each meeting.

What is discussed & When are the meetings?

All meetings located at: 700 Geipe Rd., Ste. 203/274, Catonsville, MD 21228

	<p>1. Making Preparations Getting Ready for Your Change Journey</p> <p>Part 1</p>
	<p>2. The Progression, Acceptance, & Ownership Process</p> <p>Part 2</p>
	<p>3. PART I Losing Weight Is a Mind Game; Change Your Mind Change Your Body</p> <p>Part 3</p>
	<p>4. Understanding The “ANTS” & Their Sabotaging Effect On Your Life</p> <p>Part 4</p>
	<p>5. Those Sabotaging “ANTS” Learn The Prescription to Kill Them</p> <p>Part 5</p>
	<p>6. Time for a Paradigm Shift to Remove The Excuses</p> <p>Part 6</p>
	<p>7. Creating Your Vision boards and Graduation.</p> <p>Part 7</p>