

Stuffed House/ Stuffed Body: *Overcoming the Disease of MORE*

Saturday, March 31

9:30 AM ~ 4:00 PM

by Dr. Duffy Spencer
Tabor Retreat Center~ Oceanside



Whether it's too much stuff in your home, too much fat in your body, or too much of anything else, it's *always* about needing MORE. Why do we feel we have to stuff ourselves? What's missing inside of us?

Dr. Duffy Spencer will explore this and more in this unique one-of-a-kind retreat. Come and learn what drives you to behaviors that wind up making you unhappy and 'clear the decks' to live the healthy and happy life that you truly want... and DESERVE!

Tabor Retreat Center

60 Anchor Avenue, Oceanside, NY

Donation: \$75

For directions and other specifics, call Tabor at 516-536-3004.

For additional questions for Dr. Duffy, call 516-334-8985



Dr. Duffy Spencer is a social psychologist, psychotherapist, author and lecturer. "Dr. Duffy" offers a unique perspective on how to achieve higher energy and reclaim your true self. Author of *SPICE: The Essential Ingredients for Effective Living*, co-author of *Leadership Strategists & Dealing with Difficult People*, Dr. Duffy is a certified Imago Relationship Therapist. Host of WHPC's 90.3 FM radio show, *Just Relationships*, Dr. Duffy has a private therapy practice (for individuals and couples) in Westbury, NY and runs regular woman's groups and retreats.

To register, detach bottom below and return to:

Tabor Retreat Center, 60 Anchor Avenue, Oceanside NY 11572 (516) 536-3004

Directions: Meadowbrook Parkway to Exit 27 West (Sunrise Highway). Pass through Freeport and Baldwin to Long Beach Road. Turn left on Long Beach Road and continue to Anchor Avenue. (There is a fork shortly before Anchor. Stay to the left.) Turn right on Anchor. Tabor Retreat Center is after the small white church on the right. Please park in the lot to the left of the building. Come through the doors to the right of the parking lot.

Please register me for this retreat- March 31, 2012. Checks are payable to Tabor Retreat Center.

Mail to: 60 Anchor Avenue, Oceanside, NY 11572. **"Stuffed House/Stuffed Body..."**

Name _____

Address _____

Email _____

Phone (_____) _____

Tabor Retreat Stuffed House 2012.doc