

Suppers Meeting Schedule

General Suppers Meetings

Suppers General Meeting: For anyone with challenges related to blood sugar and mood chemistry.

Princeton: 609 683 8309 or email Dor@TheSuppersPrograms.org

Mondays: ongoing meeting

11:30 Cooking

12:30 Lunch Meeting

Suppers General Meeting: For anyone with challenges related to blood sugar and mood chemistry.

South Bound Brook: 732 356 5051 or email: csilla@csillabischoff.com

Tuesdays: Meets every other week, call for details.

Coming Soon

Suppers General Meeting Spring 2010, Near Vegetarian

West Amwell: 609 309 5125 or email Kavuzi40@yahoo.com

1st and 3rd Tuesdays of the month

6:00 - 7:30 Supper, Speakers, Topic Meetings

New

Suppers General Meeting: Designed especially for parents who are trying to improve their children's palates for whole food.

West Windsor: 609 378 5240, or email: delevic@comcast.net

Thursdays lunch time, call for details.

Coming Soon

Suppers General Meeting

Hopewell/Pennington

Email for details: operadoc@gmail.com

Coming Soon

Suppers General Meeting, Near Vegetarian: For anyone who wants to learn to prepare healthy food from whole foods.

Belle Mead: 732 770 5187, email: michele4466@comcast.net or

908-904-972, email: dustee2834@yahoo.com

Thursday evenings, call or email for details.

Suppers for Stable Blood Sugar

Suppers for Stable Blood Sugar: For anyone with diabetes, "sugar addiction", or those who are at risk of becoming diabetic if they do not change their lifestyle.

Princeton: 609 273 0862 or email Karen@TheSuppersPrograms.org

Wednesdays: Ongoing meeting

Suppers Meeting Schedule

11:30 Cooking
12:30 Lunch Meeting

Suppers for Stable Blood Sugar: For anyone with diabetes, "sugar addiction," or those who are at risk of becoming diabetic if they do not change their lifestyle.

Princeton: 609 683 8309 or email Dor@TheSuppersPrograms.org

Wednesdays: Ongoing meeting

6:00 – 7:30 Cook and Meet over Dinner

Suppers for Stable Blood Sugar: For Adults Living with Type 1 Diabetes

Princeton: 609 273 0862 or email Karen@TheSuppersPrograms.org

First Mondays of Each Month: Ongoing meeting

6:00 – 7:30 Cook and Meet over Dinner

Living Suppers

Living Suppers/Raw Vegan Meeting: Learn to prepare delicious, complete meals using exclusively enzyme-rich, fresh raw fruits, vegetables, nuts and seeds.

Montgomery: 732 -713- 8942 or email: LanaJay@gmail.com

Wednesdays: Call for details

11:30 Food preparation

12:30 Lunch Meeting

Coming in May

Living Suppers/Raw Vegan Meeting: Learn to prepare delicious, complete meals using exclusively enzyme-rich, fresh raw fruits, vegetables, nuts and seeds.

Piscataway: email PRBrent18NJ@aol.com for more information.

Suppers for Sobriety

Suppers for Sobriety: Serving people who want to make diet and lifestyle changes to make sobriety more doable by including the physical body in their recovery plan.

Princeton: 609 921 0441 or email cfchocolate@comcast.net

Sundays: monthly dinner meetings, call for details

6:00 to 7:30 Cook and meet over dinner

Topic Meeting/Facilitator Training

Suppers Topic Meeting: For people interested in learning the program content and the research behind Suppers. A simple meal will be prepared ahead so we can focus on the literature and exercises.

Princeton: 609 921 0441 or email Dor@TheSuppersPrograms.org

Suppers Meeting Schedule

2nd and 4th Tuesdays

6:00 – 8:00 Presentations, book reviews, speakers, inventories and exercises.

Suppers for Families with ADHD

Suppers for Families with ADHD:

12-week programs scheduled as needed for committed groups of 8 – 12.

[Princeton:](tel:6099210441) 609 921 0441.

Please call for information.

Suppers for Teens

Suppers for Teens: Serving teens who want to learn to cook healthy food. Scheduled as needed for committed groups of 4 – 6 adolescents.

[Princeton:](tel:6099210441) 609 921 0441

Please call for information