

# **Press Kit**



**Rachel M. Anderson**

**Publicist**

**952-240-2513**

**[rachel@rmapublicity.com](mailto:rachel@rmapublicity.com)**

**FOR IMMEDIATE RELEASE**

**Rachel M. Anderson**  
**952-240-2513**  
**rachel@rmapublicity.com**

**Those Battling Food Addictions Have a New Place to Turn for Help in the Twin Cities**

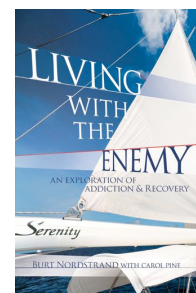
(Wayzata, Minn.) – When he finally found the solution for a problem that had plagued him for much of his adult life, Hudson businessman Burt Nordstrand knew he had a responsibility to share it with others.



So the founder and president of SSG Corporation, a company that owns and operates convenience food stores and self-service gasoline stations in Wisconsin and Minnesota decided to start a *food recovery* business. This is not a new money-making venture, however. It is Nordstrand’s way of giving back. COR Retreat is a non-profit company that offers a five-day, four-night experience in which participants learn how to live free from the obsession with food and the excess weight it causes.

It’s a cause near and dear to Nordstrand’s heart. The obsession with food and weight is a nemesis he struggled with for years. He was in his 40s before he finally was able to apply a solution that works in his life. To this day, Nordstrand works a 12-Step program similar to the one that is offered at COR Retreat – A Food Recovery Program.

In his award-winning memoir, *Living with the Enemy: An Exploration of Addiction and Recovery*, <http://www.livingwiththeenemy.net>, Nordstrand shares his success story in overcoming his addiction to food and other compulsive behavior. “Everything that is important to me in my life today, is directly related to taking a wonderful step 30 years ago,” he said. “That step was asking for help.”



The journey of self-discovery that Nordstrand recounted in his book formed the basis for his commitment to helping others suffering from compulsive overeating. The idea of a residential food recovery program turned into reality when the

McIver Center for Spiritual Development in the Big Woods of Wayzata, MN became available to host [COR Retreat](#).

Program director Michelle Goldberger explains the goal of COR Retreat, which is a Latin word that means “heart” or “soul,” is to nurture the body, mind and soul while helping participants acquire the knowledge, skills and insight needed to redirect and improve their relationship with food.

“This is unlike any other food recovery program out there,” she said. “It is a nurturing program of hope and recovery passed on to participants by those who have used the solution in their own lives.”



Like Nordstrand, Goldberger struggled with the obsession over food and body image for many years before finding her own path to recovery. With Nordstrand’s guidance, she and a group of faithful, recovering volunteers will pass on a solution of hope and recovery at COR Retreat for those suffering from food addiction.

The fee for participation in the program is \$750. The fees paid by participants in COR Retreat cover only a portion of the cost of each retreat and the ongoing administration of COR Retreat. The balance of the expenses is funded by donations from those committed to help others overcome their food addiction.

To learn more about the program, including dates for the next Retreat, log on to <http://www.cornn.org>

***To arrange an interview with Michelle Goldberger and/or Burt Nordstrand, contact Rachel M. Anderson, Publicist, RMA Publicity at 952-240-2513 or [rachel@rmapublicity.com](mailto:rachel@rmapublicity.com)***

###

---

**FOR IMMEDIATE RELEASE**

**Rachel M. Anderson**  
**952-240-2513**  
**rachel@rmapublicity.com**

**What People Are Saying About COR Retreat  
– A Food Recovery Program**

“Alcoholics can stop drinking but people with a food addiction can’t stop eating. COR Retreat has given me a healthy way of dealing with my life head-on. It is my solution – what I have been looking for all my life.”

- Chip

“COR Retreat is an answer to my prayers. I needed a safe place to get off the sugar and begin my recovery. Through the talks given by others who have worked the program of O.A., I was able to find hope. Thank you so much for supporting me and holding my hand through the first three steps. Thanks to COR, I was able to Let Go and Let God, and open my heart to a spiritual awakening. I am forever grateful.”

- Cathy

“After so many years of pain, I have experienced a rebirth. I will be forever grateful to COR Retreat and for the life-changing experience of this program. Thank you Burt for listening to God!” - Linda

“It was great. I got a lot of individual care. I knew they were talking to me. I have confidence now that I will be able to stay away from the sugar.”

- Sue

“Going through the 12 steps, having a support system, sharing stories, using all the tools will be helpful for me.”

- Kari

“I wasn’t intending to become abstinent when I came to COR Retreat, but all the things I learned, the enthusiasm of the group and returning alumni was great. I was really inspired. Here were people just like me struggling, but they were making it and I know I can too.”

- Fred

“Thank you for a transformational week! Your passion for the 12 Step OA Program shines through in all that you’re doing! Your kindness, patience, love and care are appreciated. I will always remember both of you and look forward to a kick-ass future!”

- Julie



“Thank you so much for the wonderful COR Retreat program-learning to apply the 12 steps to food addiction. I look forward to being happy, joyous and free!”

- Shannon

“I came here with a closed mind on my addiction to food. I am leaving feeling healed and free!”

- Patty

“What a powerful experience! Thank you for the opportunity to address my food addiction. It has been a miracle for me. My faith has been strengthened and renewed. I hope everyone to follow can embrace this awesome program!”

- Anastasia

“It was a fantastic experience. This program has brought me closer to God and has helped me to explore my relationship with Him. Relating the 12 steps to food addiction has been a powerful experience. Burt and Michelle are wonderful leaders and do an outstanding job. I would recommend that anyone with an eating problem attend this program.”

- Rick

“It was great to be invited to attend the first COR Retreat. God is in this endeavor and I am so thankful that Burt has listened and responded to God in both writing his book and making COR Retreat happen. Pairing Burt and Michelle to run this program is a God thing and they work well together. Michelle is an excellent Director and her examples and talking of the Big Book is mesmerizing. The volunteers were top-notch and the schedule was packed full of intense recovery.”

- Jane

“COR Retreat offered me a viable way of dealing with life head-on. It is the solution I’ve been looking for all my life.”

- Chuck

“Being abstinent from white flour and sugar eliminated the joint pain I have suffered from for years.”

- Alaina

“It was fantastic. I didn’t think I’d ever get to the point of surrendering to my food addiction but with the help of COR Retreat I did. It was well worth the money.”

- Christina

***For more information, or to arrange an interview with COR Retreat Founder Burt Nordstrand or Program Manager Michelle Goldberger contact Rachel M. Anderson, Publicist, RMA Publicity at 952-240-2513 or [rachel@rmapublicity.com](mailto:rachel@rmapublicity.com)***

###

---

**FOR IMMEDIATE RELEASE**

**Rachel M. Anderson**  
**952-240-2513**  
**rachel@rmapublicity.com**

## **About Burt Nordstrand**

The very qualities that defined Burt Nordstrand as an addict also made him an entrepreneur extraordinaire. He hit “bottom” when, for all appearances, he was fit and happy. No longer willing to live a double life of outward success and inward devastation caused by multiple addictions – compulsive overeating, diet pills, nicotine, caffeine, alcohol, irresponsible sex, gambling, over-exercising, etc. – Nordstrand pursued recovery at age 40 and his personal life began to turn around.



At age 70, he reflected back on the distance he traveled in pursuit of serenity and peace of mind in his autobiography, *Living with the Enemy*. The journey of self-discovery that he recounted in his book formed the basis for his commitment to helping others in a residential retreat setting through COR Retreat – A Food Recovery Program.

“Everything that’s important to me in my life today, is directly related to that wonderful step I made 30 years ago,” said Nordstrand. The step he refers to is the decision to ask for help. Nordstrand follows the 12-step program and practices its virtues to this day. Of addiction he says, “It’s a cunning, baffling, powerful disease and recovery from it is abstinence.”

Since its beginning two decades ago, Nordstrand has supported The Retreat and its mission to help alcoholics and addicts achieve recovery using the 12 Steps. More recently, the McIver Center at The Retreat was established as a center for spiritual renewal and growth, emphasizing the devastating impact of addiction on families and how the 12 Steps could offer a way out for them as well.

As the mission of the McIver Center grew, Nordstrand developed the vision of a 12 Step seminar for those suffering from food addiction. He recognized that this premier meeting facility was not always in use and could provide the perfect venue for his program. So COR Retreat found a home at the McIver Center and those seeking a spiritual way of life at The Retreat have grown to include men and women suffering from food addiction.

***To arrange an interview with Burt Nordstrand, contact Rachel M. Anderson, Publicist, RMA Publicity at 952-240-2513 or [rachel@rmapublicity.com](mailto:rachel@rmapublicity.com)***

- end -



## About Michelle Goldberger

**FOR IMMEDIATE RELEASE**

**Rachel M. Anderson**  
**952-240-2513**  
**[rachel@rmapublicity.com](mailto:rachel@rmapublicity.com)**

### **Michelle Goldberger, COR Retreat Program Director**



COR Retreat Program Director Michelle Goldberger is a food addict with over seven years of stable recovery, who has maintained a 60-pound weight loss for seven years. A recovered alcoholic as well, she has been clean and sober for 18 years.

Michelle's battles with addiction and experience with the solution she found in the 12 Steps answered for her the mystery facing so many others: "Why does this keep happening to me?" Through COR Retreat she passes on what she has learned about a new way of living for those seeking freedom from compulsive overeating.

She is a conference speaker on addiction and has facilitated recovery groups and workshops at prominent treatment centers, such as The Retreat, for over ten years. In addition to her duties at COR Retreat, Michelle is currently a graduate student at the University of Minnesota. She holds two teaching licenses in the State of Minnesota and has taught children and adults in the Rosemount-Apple Valley-Eagan public schools (District 196) since 2006. And through it all, she also raised five boys.

As COR Retreat's Program Director, Michelle has made a vocation of showing anyone how to experience the same life-changing outcome: 60 pounds gone for six years; self-loathing gone; and freedom from obsessive food thoughts and weight concerns.

***To arrange an interview with Michelle Goldberger, contact Rachel M. Anderson, Publicist, RMA Publicity at 952-240-2513 or [rachel@rmapublicity.com](mailto:rachel@rmapublicity.com)***

###

**Rachel M. Anderson**  
952-240-2513  
[rachel@rmapublicity.com](mailto:rachel@rmapublicity.com)

**Ask Burt Nordstrand & Michelle Goldberger**



- 1. Describe the COR Retreat experience.*
- 2. What makes COR Retreat different from other food recovery programs out there?*
- 3. How did the program come about?*
- 4. What kind of results have COR Retreat attendees been able to achieve so far?*
- 5. What is your vision for the future of the program?*

***For more information, or to arrange an interview with COR Retreat Founder Burt Nordstrand or Program Manager Michelle Goldberger contact Rachel M. Anderson, Publicist, RMA Publicity at 952-240-2513 or [rachel@rmapublicity.com](mailto:rachel@rmapublicity.com)***

###