

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

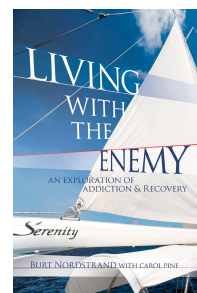
(Wayzata, Minn.) – When he finally found the solution for a problem that had plagued him for much of his adult life, Hudson businessman Burt Nordstrand knew he had a responsibility to share it with others.



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

###