



BODY ACCEPTANCE MINDFULNESS GROUP

Monday afternoons • ongoing

4:00pm - 5:30pm

\$70

The Body Acceptance Mindfulness Group is designed to encourage adolescents and young adults (up to age 25) to increase their acceptance of oneself and their body using mindfulness techniques and by identifying clear intention about the relationship and responsibility that each individual has with their body. The group is a mixture of skills, process, and experiential exercises designed to facilitate recovery and awareness of one's self and body in the recovery process.

**For more information, please contact
Dr. Anne Moore at:
404-277-7992 or annelewis Moore@aol.com**



ANNE MOORE

Dr. Moore has a 20 + year history of working with individuals who struggle with eating disorders. She has experience working with and running treatment programs at all levels of care including outpatient, partial hospitalization, intensive outpatient, and residential treatment. She is the author of "Living Joyfully In Our Bodies" and is committed to helping individuals develop an awareness and healthy relationship with their bodies.



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