



BODY ACCEPTANCE MINDFULNESS GROUP

Mondays 4:15-5:15pm
\$75 per group

The Body Acceptance Mindfulness Group is designed to encourage individuals 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 that include movement of the body through walking and stretching as well as meditation designed to facilitate recovery and awareness of one's self and body in the recovery process.

For more information, please contact
Kim Frey at 404-343-4162 or email
Admin@atlantacenterforwellness.com.

**Please go to www.atlantacenterforwellness.com
to register and for a comprehensive description of
this and other groups on the COPE™ schedule**



ANNE MOORE, Psy.D.

Dr. Moore has a 25 year+ year history of working with individuals who struggle with eating disorders. She has experience working with and directing 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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