



# MEAL RECOVERY GROUP

**Monday, Tuesday, Wednesday, and/or Thursday  
every week from 5:15-6:15pm**

**\$75 per person**

Meal Recovery Group will be held every Monday, Tuesday, and Thursday from 12:00-1:00. Participants can attend one or up to all three meal groups. Participants are required to bring their own lunch. The goal for this group is to practice choosing, plating and eating an appropriate and balanced meal\* with support, as well as becoming aware of and challenging/redirecting sabotaging behaviors and thoughts.

*\*An appropriate balanced meal might include: a protein, fat, fruit or veggies and a starch or whatever is deemed appropriate by your treatment team. For example, an appropriate lunch might be a turkey sandwich with cheese, lettuce and tomato, a piece of fruit and a bag of chips.*

Participants will practice skills in order to get in touch with their hunger and fullness levels, and learn to create a positive and healthy relationship with food that is both celebratory and peaceful. Each group will be led by a licensed Eating Disorder specialist (RD or therapist).

**Please go to [www.atlantacenterforwellness.com](http://www.atlantacenterforwellness.com) to register and for a comprehensive description of this and other groups on the COPE™ schedule**



**ANNE MOORE, Psy.D.**



**CHRISTINE ENGSTROM,  
MS, RDN, LDN, CEDRD-S**

Anne Moore, Psy.D. and Christine Engstrom, RD are veterans in the eating disorder treatment world. Both have run meal groups and delivered treatment services at all levels of care ranging from inpatient, PHP, IOP, and private practice.



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