



BODY ACCEPTANCE MINDFULNESS GROUP

MONDAYS | 4:15PM - 5:15PM

\$75 PER GROUP

The **Body Acceptance Mindfulness Group** is designed to support individuals in cultivating greater self-acceptance and a healthier relationship with their bodies. Available through the Comprehensive Outpatient Program for Eating Disorders (COPE™) at Atlanta Center for Wellness, this group utilizes mindfulness practices and the exploration of personal intentions. Participants engage in a blend of skill-building, group discussions, experiential exercises, meditation, and physical movement, such as walking and stretching, to promote recovery and enhance self-awareness during the healing journey.

This group is appropriate for anyone who may be struggling with body acceptance and/or body responsibility.

For more information, please contact Kim Frey:
404-343-4162 or admin@atlantacenterforwellness.com

For registration information and a detailed overview of this and other COPE groups, please visit www.atlantacenterforwellness.com/cope.



Sarah S. Pannell, MS, LMFT, CEDS

Sarah Pannell specializes in the treatment of eating disorders, trauma, anxiety, parenting and all forms of food and body-image concerns. She utilizes EMDR, IFS and somatic techniques to facilitate deep healing for clients – cognitively, emotionally, and physiologically.

Sarah uses an integrated approach to therapy, which includes exploring the biological, psychological, social and environmental aspects that are impacting the client or family. Her training in family systems allows her not only to see an individual's context, but also the larger picture of family dynamics and societal influences.



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