Next Meeting:
Thursday, April 13
at 9:00 a.m.

Breakfast Club

Join the

What they say is true...breakfast is the most important meal of the day. Start your day right in a relaxed setting, learning to enjoy breakfast foods!

This Breakfast Club is **FREE** for anyone who struggles to eat a healthy breakfast on a regular basis. This monthly meal group offers a time to work on eating, making **balanced choices**, trying more **challenging foods**, adding more **variety** to your menu plan, and selecting **appropriate portions**. The meeting time will help you stay committed to eating breakfast at a regular time.

You'll meet with **Page Love, MS, RD, LD**, a registered dietitian nutrition therapist, who will provide coaching to help you push through food fears with peer support. She will also help you master intuitive skills like eating slowly, tuning into your hunger and fullness, and responding to cravings.

Become a **Breakfast Club** regular!

Meetings are every other Thursday or Saturday of the month,

9:00-10:00 a.m.

The Flying Biscuit Cafe

5975 Roswell Rd. G-25

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