

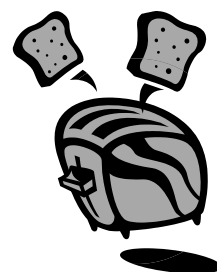
Next Meeting:
Thursday, August 16th
at 9:00 AM

Join the

Breakfast Club



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 AM – 10:00 AM

PANERA BREAD

4531 Olde Perimeter Way

Atlanta, Georgia 30346

(770)-352-9323

