

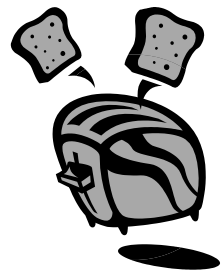
Next Meeting:  
Saturday, July 14  
at 9:00 a.m.

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 a.m. – 10:00 a.m.

## CAFÉ INTERMEZZO

4505 Ashford Dunwoody Road

Dunwoody, Georgia 30346

(770) 396-1344

