



2530
HAPPY
CLIENTS

VIRTUAL THERAPEUTIC MEAL SUPPORT GROUPS

LET'S SUPPORT EACHOTHER!

Nutrition Counseling Center offers virtual therapeutic meal support groups to help keep you accountable to your meal plan and on track with your recovery goals. Professionally led by dietitians, these groups are designed to provide structure, model normative eating and offer community support. All meals are followed by a brief processing and mindfulness session.

9:00 AM Breakfast on Mondays & Thursdays

12:00 PM Lunch on Mondays



TO REGISTER:



INFO@NUTRITIONCOUNSELINGCENTER.COM



248-686-0340

Drop-In Private Rate is \$25/group

