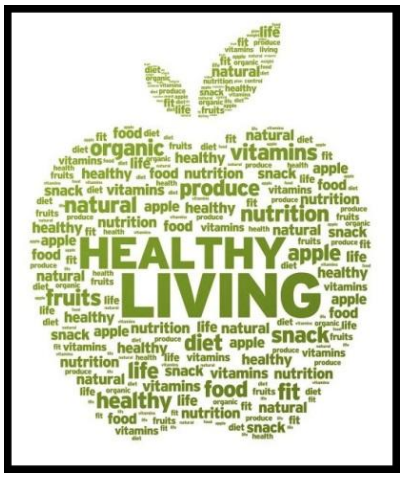
Health and Wellness Drop-In Support Group

(Led by Healthy Living Specialist Dr. Solanki)

This group is designed to support *healthy living*. It will give you a safe, neutral, non-judging space to share your feelings, thoughts, and concerns about weight loss, exercise, eating right, and your journey with healthy living. Additional topics discussed: ***nutrition, sleep, longevity, self-care, mindfulness, stress management, body image issues, and more.*** **Recent research has shown people who have group support ACHIEVE both short term and long term success in their healthy living goals! And, support was shown to be the #1 FACTOR in being successful!** The road to attaining and sustaining health can be challenging; members can share similar experiences and provide encouragement, motivation, and suggestions on how to be successful. Members also cheer you on when you are doing great!



The support group is drop-in. You do not need to make an appointment. Just drop in to any SAT or TH meeting.

When: Saturdays 1-2pm OR Thursdays 12-1pm

Where: Lepage Associates Psychological & Psychiatric Svs. 5842 Fayettteville Road #106, Durham, NC 27713

Cost: $49.99 per month
$119 for 3 months (Save $124 annually when you buy 3 months)
$199 for 6 months (Save $202 annually when you buy 6 months)
$329 for 12 months (Save $271 annually when you buy 12 months)

Come together for support, growth, and learning in your journey to health and wellness!

Dr. Nina Solanki will be leading the group. She has a background in Health Psychology, and believes nourishment includes what we eat as well as all the ways we feed our emotional and spiritual needs. She uses a mindfulness based approach to help people learn how to listen to their body feedback, to be open and attentive to the food they eat, exercise, and other body-health choices, and to make connections between food, movement, etc. and how those make them feel. Clients may discover important information about their nutritional needs that no book or diet can teach. Through this mindful approach, clients can learn how to nourish their mind, body, and spirit.

Please see the Front Desk or call 919-572-0000 to purchase your groups.

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