

# Mindful Movement & Fueling



**Saturday, February 15, 3:00-4:00 P.M.**  
**Clarity Fitness in Decatur, 1 West Court Square**



NutriFit Sport Therapy and Clarity Fitness will be hosting a **Mindful Movement and Fueling** fitness outing at Clarity Fitness in Decatur, 1 West Court Square. This workshop alternates hydrating and fueling experiences with various mindful movement exercises for connection, awareness, nourishment and fun! We'll practice a blend of gentle and grounded body weight strengthening exercises to experiment with grounding, body awareness, and intuitive movement. We will close with a recovery fueling exercise and circle time for discussion. Attendees will have a chance to process their reaction to this combination of experiences with both Page Love, a registered and sport dietitian, and Abbey Griffith, personal trainer and Founder of Clarity Fitness. No fitness experience necessary, everybody is welcome! Please wear comfortable clothing.

Please RSVP and/or direct questions to NutriFit Sport Therapy at 770-395-7331. We welcome donations to help support EDIN, the Eating Disorders Information Network.

