



Living Fully  
PSYCHOLOGICAL SERVICES



**Pegah Moghaddam, PsyD**



**Courtney Plush, MS, RD, CSOWM, LD**

## LivingFully Nourished Group

Living Fully is excited to announce LivingFully Nourished Group! Members can expect mind-body, emotional and interpersonal processing to support the development of insight around each individual's complex relationship with food. In addition, we have introduced a semi-structured group format. We'll discuss topics highlighted in some of our favorite books including, but not limited to: Intuitive Eating, Savor, and Women, Food, and God. This group may be right for you if you've struggled with chronic dieting, binge eating and/or compulsive overeating, or if you believe that you use food to cope with stressful or emotionally taxing events in your life. Living Fully also offers individual therapy services. We work closely with Ms. Plush who offers individualized dietetic counseling services as well.

**For more information, visit:  
[www.livingfullytherapy.com](http://www.livingfullytherapy.com)**