

Savor Each Bite

You and your friends and family are invited to “Savor Each Bite” over Zoom on Saturday, November 23 and December 14 at 12:30pm CST for lunch, which will last about 30 minutes. You are welcome to attend one or both of these events. Arrive on zoom at least five minutes early.

Zoom ID: 842 4509 9831

PW: itworks



GENTLE EATING INSTRUCTIONS



Prepare a lunch meal for yourself that is on your food plan.
Place prepared food on a large plate (11-12”) and cover with aluminum foil.

Set a place setting with placemat, cloth napkin, metal serving spoon, plastic fork, small (6-8”) plate to eat from. Add flowers or candles for your meal setting. If in person, leader will handle tablecloth and flowers or candle.

YOU WILL FOLLOW VERBAL INSTRUCTIONS OF LEADER WHILE EATING YOUR MEAL.



ITEMS NEEDED: Prepared Meal, Large Plate, Small Plate, Plastic Fork, Metal Serving Spoon, Aluminum Foil

Please have pen and paper available!



NO NEED TO RSVP
Hope to see you there!

Questions, please call
Mary (504)914-3635

