



## Laura Cipullo Whole Nutrition Services LLC

Laura Cipullo, RD, CEDS, CEDRD  
80 University Place, Suite 2A  
New York, NY 10003  
917-572-7137

### Mindful Meal Support Therapy

Both continuous groups and time limited groups available.

#### **Monday Dinner:**

6:30 pm

Continuously running – Join for 6 weeks at a time

#### **Tuesday Lunch:**

12 noon

one spot available beginning September 10<sup>th</sup>

#### **Thursday Dinner:**

7:15 pm

8 week Group

September 26<sup>th</sup> – November 21<sup>st</sup> (no meal on Halloween)

For questions or more information, contact Laura Cipullo at  
917-572-7137 or email [cipullord@gmail.com](mailto:cipullord@gmail.com)