

# Welcome to Meal Support

Meal Support is a space to have live group support while eating a meal. The meal support sessions are optional and happen on a drop-in basis, with two "lunch" and two "dinner" times available as listed below. You can attend as many meal support sessions as you'd like.



## Daily Support

10 a.m. PST / 11 a.m. MST / 12 p.m. CST / 1 p.m. EST

12 p.m. PST / 1 p.m. MST / 2 p.m. CST / 3 p.m. EST

4 p.m. PST / 5 p.m. MST / 6 p.m. CST / 7 p.m. EST\*

6 p.m. PST / 7 p.m. MST / 8 p.m. CST / 9 p.m. EST\*

[Register here](#)

Choose "Equip" for the referral source

At each meal support session, expect to briefly check in and evaluate hunger/fullness cues, and then the duration of the session will be spent eating together. Please come prepared with food that you intend to eat, but no other preparation is necessary on your part.

\*There are no Saturday dinner sessions at this time