

Anisa Grantham, LPC, NCAC

CERTIFICATIONS: Licensed Professional Counselor, National Certified Addiction Counselor, Licensed Bariatric Educator, Bariatric Life Coach, Professional Speaker

EDUCATION: MEd, Community Counseling, Georgia Southern University

ORGANIZATIONS: American Society for Metabolic and Bariatric Surgery Affiliate, LPCA, GACA, NAADAC

Rincon Recovery Resources and A New Life Bariatrics
613 Towne Park Drive West, Ste. 103, Rincon
912-826-0918 | RinconRecovery.com

I AM A LOCAL EXPERT IN: Food addiction and substance abuse. I strive to provide hope and healing.

MY CHARITY OF CHOICE IS: The United Way. An act of kindness can change lives.

I STAY HEALTHY BY: Practicing meditation and mindfulness. Balance is achieved when I am able to live in the moment.

WORDS TO LIVE BY: Meeting our own needs first is not selfish; it's self care. When I take care of myself, everyone in my life benefits.

