

NEW BEGINNINGS

SUPPORT GROUP



Come join our **FREE** weight loss support group. Get advice from knowledgeable professionals in a comfortable, safe environment. Learn how weight loss surgery can deliver life altering changes that can add years back to your life. This support group meets on the third Wednesday of every month.

2019 NEW BEGINNINGS SUPPORT GROUP SCHEDULE:

January 16	Getting Back on Track After the Holidays	July 17	Ways to Incorporate Protein
February 20	Tips and Tricks for Lifelong Success	August 21	Staying Mentally Healthy
March 20	Staying Motivated	September 18	Benefits of Exercise
April 17	Success Beyond the Scale	October 16	Essential Vitamins
May 15	Living Life to the Fullest	November 20	Achieving Healthy Holidays
June 19	Steps to Inner Wellness	December 18	Ways to Manage Stress

5:30 to 7 p.m. • Dixie Regional Kolob Conference Room
1380 E Medical Center Drive, St. George

For more information please contact Jenny Thompson, RN, BSNLM, ONC Specialty Care Coordinator II Bariatrics at (435) 251-1632 or email jenny.thompson@imail.org



Kolob Conference Room – Use ENTRANCE 3 or 4

Take the elevator to the fourth floor. The conference room is in the center of the main hospital.

