



New Beginnings

2021 MONTHLY SUPPORT GROUP

Join our FREE weight loss support group and receive 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.

WHERE: Due to COVID-19, meeting will be virtual via Web Ex. To register, please contact Jenny Thompson. Contact info is listed below.

WHEN: 3rd Wed every month 5:30-6:30 PM

Jan 20 (Wed)

Feb 17 (Wed)

March 17 (Wed)

April 21 (Wed)

May 19 (Wed)

June 16 (Wed)

July 21 (Wed)

August 18 (Wed)

September 15 (Wed)

October 20 (Wed)

November 17 (Wed)

December 15 (Wed)

POTENTIAL

TOPICS: Changing habits, bariatric recipes, using technology for weight loss, mental hurdles, exercise, mindfulness, creating a vision board for success, tips and tricks, bariatric trivia, obesity as a chronic disease, social stigma, and lifelong maintenance.

FOR MORE

INFORMATION: Jenny Thompson, RN BSN Specialty Care Coordinator of Bariatrics
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Weight Loss
Center