



Lawrence General Hospital

Weight Management & Bariatric Center Patient Guided Support Groups

Call (978) 946-8450 for more information

What is it? A chance to meet and support others who have also had weight loss surgery. No sign up required.

Location: RB Classroom at Lawrence General Hospital
Basement level, across the hall from the cafeteria entrance

When: The second Tuesday of every month at 6:00pm, see schedule below

Day/Date	Time	Topic (subject to change)
Tues. January 8, 2019	6:00 pm	Goal Setting / Resolutions
Tues. February 12, 2019	6:00 pm	Relationship Changes
Tues. March 12, 2019	6:00 pm	Celebrating Small Successes
Tues. April 9, 2019	6:00 pm	Body Image
Tues. May 7, 2019	6:00 pm	Power of Planning
Tues. June 11, 2019	6:00 pm	Emotional Eating
Tues. July 9, 2019	6:00 pm	Tools to Success / Maintenance
Tues. August 13, 2019	6:00 pm	Mindful Eating
Tues. September 10, 2019	6:00 pm	Open Forum
Tues. October 8, 2019	6:00 pm	Staying motivated
Tues. November 12, 2019	6:00 pm	Vitamins
Tues. December 10, 2019	6:00 pm	Holiday Eating