



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., September 12, 2017	6:00 pm	Social Struggles
Tues., October 10, 2017	6:00 pm	Defining Success
Tues., November 14, 2017	6:00 pm	Healthy Holidays Habits
Tues., December 12, 2017	6:00 pm	Fitting In Exercise
Tues. January 9, 2018	6:00 pm	Goal Setting / Resolutions
Tues. February 13, 2018	6:00 pm	Relationship Changes
Tues. March 13, 2018	6:00 pm	Celebrating Small Successes
Tues. April 10, 2018	6:00 pm	Body Image
Tues. May 8, 2018	6:00 pm	Power of Planning
Tues. June 12, 2018	6:00 pm	Emotional Eating
Tues. July 10, 2018	6:00 pm	Tools to Success / Maintenance
Tues. August 14, 2018	6:00 pm	Mindful Eating