

## 2020 Schedule for Patient-Guided Support Groups

Lawrence General Hospital  
1 General Street, RB Classroom  
Lawrence, MA 01841

*\*All sessions take place on the second Tuesday of each month at 6 pm*

### **Date**

January 14  
February 11  
March 10  
April 14  
May 12  
June 9  
July 14  
August 11  
September 8  
October 13  
November 10  
December 8

### **Topic**

Goal Setting/Resolutions  
Relationship Changes  
Celebrating Small Successes  
Body Image  
Power of Planning  
Emotional Eating  
Tools to Success/Maintenance  
Mindful Eating  
Open Forum  
Staying motivated  
Vitamins  
Holiday Eating

**978-946-8450**

**[lawrencegeneral.org/weightloss](http://lawrencegeneral.org/weightloss)**