



SUPPORT GROUP

Monthly Topics 2024

January:

How do you stay motivated to stay on track. Join us to share your tips to stay motivated and learn some new ones.

February:

Meal Planning Tips and Tricks. Tired of eating the same thing? No time to prep? We have ideas for you!

March:

Are you at a stall? Feeling frustrated? You can break through! Join us to learn how to break through a weight loss stall.

April:

Fitting In Fitness. We are all so busy. How can we find the time and energy to get active? Learn strategies that can get you moving.

May:

Navigating the Summer Social Scene. With warm weather, often comes more picnics, BBQs and parties. Learn how you can enjoy your summer and stay on your weight loss journey.

June:

Managing Emotional Eating. What can you do besides eat when you're stressed, bored, anxious, sad or happy? There are alternatives – join us to learn how to work through these challenging moments.

July:

How to make almost any recipe bariatric friendly. Learn simple, easy (and most importantly tasty!) tweaks you can make to your recipes that work.

August:

Non-Scale Victories (NSV). We all focus on that number on the scale, but it should not define us. There are many other wonderful things that are happening. Let's refocus how we look at success.

September:

To tell or not to tell (your friends and family about your weight loss surgery).

October:

Navigating the Holidays. Join us to learn how to get through the holiday season on track.

November:

What are you thankful for? How has your WLS changed your life for the better?

December:

New Year's Resolutions – what are your plans for the new year? How are you continuing your Weight loss journey?

