



Dr. Saniea F. Majid

Weight Loss and Wellness Center

New Year, New Motivation

Join us on **JANUARY 24, 2024 6:30pm to 7:00pm** as we kickstart the year with a discussion on staying motivated and on track. Share your tips, gain inspiration, and set the tone for a successful resolution journey! Every voice matters, every tip counts. Let's make 2024 our healthiest year yet!

CONTACT US



973-795-7955



weightlossandwellnesscenter.com



FREE PATIENT SUPPORT GROUP



**WEIGHT LOSS AND
WELLNESS CENTER**
METABOLIC & DIABETES SURGERY



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REVITALIZE YOUR
MEALS:
MEAL PLANNING
TIPS AND TRICKS!



Are you stuck in a mealtime rut, eating the same dishes over and over? Does the thought of meal prep overwhelm you? Don't worry; we've got your back! Discover the joy of diverse and stress-free meals with our Meal Planning Tips and Tricks. Join us on **FEBRUARY 28 at 6:30 pm - 7:00 pm.**

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 **<https://u.ringcentral.com/join/226017675>**

 meeting ID: 226017675

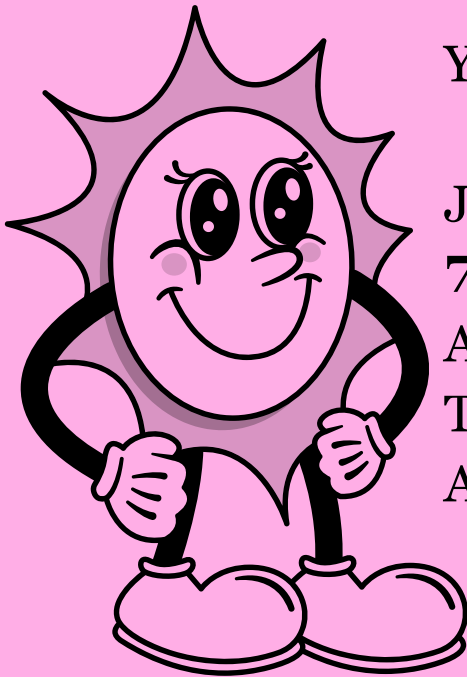




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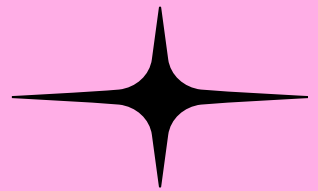
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ARE YOU AT A STALL? FEELING FRUSTRATED?



YOU CAN BREAK THROUGH!


**JOIN US ON MARCH 27 AT 6:30PM -
7:00PM FOR AN EMPOWERING SESSION
AND LEARN HOW TO BREAK THROUGH
THAT STALL WITH EXPERT GUIDANCE
AND SUPPORT.**



CONTACT US

 [**https://v.ringcentral.com/join/223914929**](https://v.ringcentral.com/join/223914929)

 **Meeting ID: 223914929**

 **973-795-7955**

 [**weightlossandwellnesscenter.com**](http://weightlossandwellnesscenter.com)



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Fitting In Fitness

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*Unlock the Power
of Movement in
Your Busy Life*



Join us on **April 24 at 6:30 pm - 7:00 pm** for an insightful session on "Fitting In Fitness," where you'll learn practical strategies to overcome the challenges and make physical activity a seamless part of your daily routine.



JOIN US

<https://v.ringcentral.com/join/593272500>

Meeting ID: 593272500



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Navigating the Summer Social Scene

As the temperatures rise, so does the invitation count! Dive into the summer social scene without derailing your weight loss journey. Say yes to picnics, BBQs, and parties while staying on track with your wellness goals. Discover the secrets to enjoying the season guilt-free. Join us on

May 22 at 6:30pm - 7:00pm.

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**Join us for a Chance to Win a
Protein Powder Gift Basket!**

<https://v.ringcentral.com/join/326922308>

Meeting ID: 326922308



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MANAGING

EMOTIONAL EATING



Join us on **June 26 at 6:30 pm - 7:00 pm** to explore alternatives beyond the plate. Manage stress, boredom, anxiety, sadness, and happiness in a healthier way. Let's break the emotional eating cycle together!

JOIN US

<https://v.ringcentral.com/join/408526352>
Meeting ID: 408526352

Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955



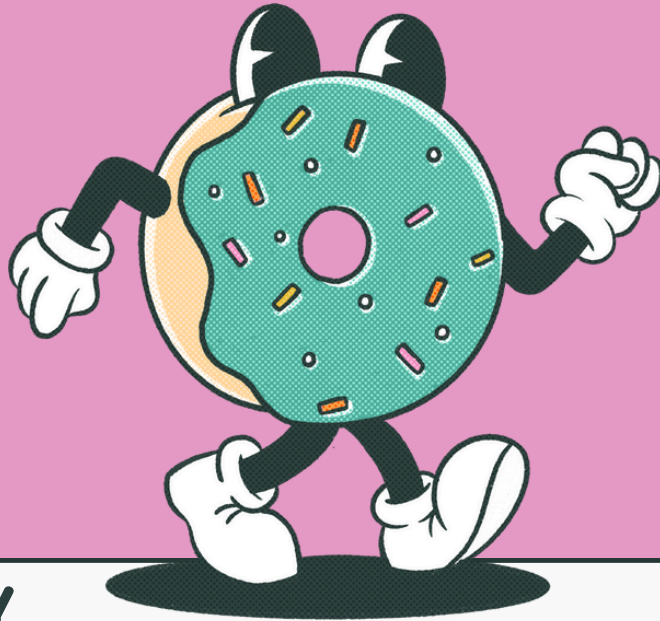


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UNLOCK THE FLAVOR REVOLUTION!



ARE YOU READY

TO TURN YOUR FAVORITE RECIPES INTO BARIATRIC-FRIENDLY DELIGHTS? JOIN US ON **JULY 24 AT 6:30 PM - 7:00 PM** AND DISCOVER THE ART OF MAKING ALMOST ANY RECIPE BARIATRIC-FRIENDLY. IT'S ALL ABOUT SIMPLE, EASY, AND, OF COURSE, TASTY TWEAKS!

JOIN US

<https://v.ringcentral.com/join/057662467>
Meeting ID: 057662467

Make an appointment at
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CELEBRATE NON-SCALE VICTORIES (NSV) WITH US

Are you tired of letting the number on the scale dictate your sense of accomplishment? It's time to shift our focus and celebrate the Non-Scale Victories (NSV) that truly make a difference in our lives. Join us on **August 28 at 6:30 pm - 7:00 pm**. A journey to redefine success beyond the scale!

JOIN US

<https://v.RingCentral.com/join/106382580>





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**EMBARKING ON A
JOURNEY TO
WELLNESS: TO TELL
OR NOT TO TELL?**

Are you on a transformative journey toward a healthier you? This September, we delve into the topic of weight loss surgery and the decision to share your story with friends and family. Join us on **September 25 at 6:30 pm - 7:00 pm** as we explore the nuances of this personal choice and the impact it can have on your journey.

JOIN US

<https://v.ringcentral.com/join/560589544>

Meeting ID: 560589544

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Navigating HOLIDAYS

Are you ready to take charge of your holiday season? As October unfolds, join us on **October 23 at 6:30 pm - 7:30 pm** for an insightful event that will equip you with the tools to navigate the upcoming holidays with ease and stay on track.

JOIN US

<https://v.ringcentral.com/join/807406489>

Meeting ID: 807406489

For More Information Visit
www.weightlossandwellnesscenter.com

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GRATITUDE IN NOVEMBER

As November unfolds and autumn leaves paint a vibrant tapestry, we find ourselves in a season of gratitude and reflection. This month, let's take a moment, Join us on **November 27 at 6:30 pm - 7:00 pm** to express our thankfulness and acknowledge the positive transformations that Weight Loss Surgery has brought into our lives.

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JOIN US

<https://v.ringcentral.com/join/074604442>

Meeting ID: 074604442



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NEW YEARS RESOLUTIONS

JOIN US ON **DECEMBER 18TH AT 6:30PM-7:00PM**

- Share your plans for the upcoming year and stay on track with your weight loss journey.
- Gain insights to maintain determination and achieve success.
- Kick-start the new year with motivation, support, and clear, **achievable goals**.

**MARK YOUR CALENDARS AND GET READY TO MAKE
2025 YOUR HEALTHIEST YEAR YET!**

JOIN US

<https://v.ringcentral.com/join/502096008>
Meeting ID: 502096008

Make an appointment at
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or call
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