



WEIGHT LOSS AND
WELLNESS CENTER
METABOLIC & DIABETES SURGERY



MORPH WITH MAJID
TRANSFORM TO YOUR BEST SELF



Dr. Saniea F. Majid

Weight Loss and Wellness Center

Coping with Peer Pressure and Social Expectations

Free Adolescent Support Group

Are you struggling with peer pressure or feeling the weight of society's expectations around body image?

Join us for a supportive and open discussion led by Dr. Majid on **November 13, 2024, from 6:30 PM to 7:00 PM**. We'll explore strategies to cope with these pressures and focus on building a positive and healthy self-image. This is a safe space to share and connect with others who understand what you're going through.



Join via Instagram Live



<https://www.instagram.com/drmajid.weightloss/>

Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955





WEIGHT LOSS AND
WELLNESS CENTER
METABOLIC & DIABETES SURGERY



MORPH WITH MAJID
TRANSFORM TO YOUR BEST SELF



Dr. Saniea F. Majid

Weight Loss and Wellness Center

NEW YEARS RESOLUTIONS

Free Adolescent Support Group



Join us on December 11, 2024, from, 6:30PM to 7:00PM

- Share your plans for the upcoming year.
- Learn how to stay determined on your weight loss journey.
- Kick-start the new year with motivation and support.
- Set achievable goals for success.

Save the date and gear up to make 2025 your healthiest year ever!

Join via Instagram Live

<https://www.instagram.com/drmajid.weightloss/>

Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955





Dr. Saniea F. Majid

Weight Loss and Wellness Center

Free Adolescent Support Group

New Year, New You
SUSTAINABLE WEIGHT LOSS FOR TEENS



Kick off the new year with a focus on your health!

Join Dr. Majid's adolescent support group in **January 8, 2025 6:30PM to 7:00 PM** for a discussion on sustainable weight loss strategies tailored for teens. Learn how to set realistic goals, create lasting habits, and make 2024 the year you feel your best. This is a great opportunity to start fresh and build a healthier future.

Join via Instagram Live

<https://www.instagram.com/drmajid.weightloss/>

Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955

