



# Nutrition

## DEBUNKING COMMON MYTHS

### FREE ADULT SUPPORT GROUP

Join us on **January 22** from, **6:30PM to 7:00PM** as we dive into the world of health and nutrition, separating myths from reality.

✦ What to Expect:

- Myth-busting health and nutrition facts
- Engaging discussions
- Practical tips to improve your well-being

*Come curious, leave informed!*

Make an appointment at  
[www.weightlossandwellnesscenter.com](http://www.weightlossandwellnesscenter.com)

or call  
973-795-7955



**Dr. Saniea F. Majid**

Weight Loss and Wellness Center





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# EMOTIONAL WELL-BEING:

## *THE PSYCHOLOGICAL ASPECTS OF WEIGHT LOSS*

*Join us on February 26, 2025, from, 6:30PM to 7:00PM*

### FREE ADULT SUPPORT GROUP

- Explore the impact of weight loss on body image, self-esteem, and mental health.
- Understand how social interactions can evolve as your body changes.
- Learn strategies to build a positive self-image and maintain emotional well-being during your journey.
- Discover ways to navigate the emotional challenges that come with physical transformation.

## JOIN US



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# EXERCISE AND ACTIVITY

## FREE ADULT SUPPORT GROUP

**01** Learn how to integrate exercise into your daily routine to support your weight loss goals.

**02** Discover strategies to overcome barriers like lack of time, motivation, and energy while working toward weight loss.

**03** Explore different forms of physical activity that enhance fat burning and boost metabolism

**04** Find tips on creating a balanced workout schedule that complements your weight loss journey.

Join us on March 26, 2025,  
from, 6:30PM to 7:00PM



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# MANAGING CRAVINGS AND TRIGGERS:

*Coping with Emotional and Environmental Challenges in Your Weight Loss Journey*

## FREE ADULT SUPPORT GROUP

**1**

Identify emotional and environmental triggers, such as stress eating or constant hunger, that can derail your weight loss progress.

**2**

Learn how to differentiate between true physical hunger and emotional cravings that can lead to overeating.

**3**

Explore practical strategies for managing cravings and emotional triggers without sabotaging your weight loss efforts.

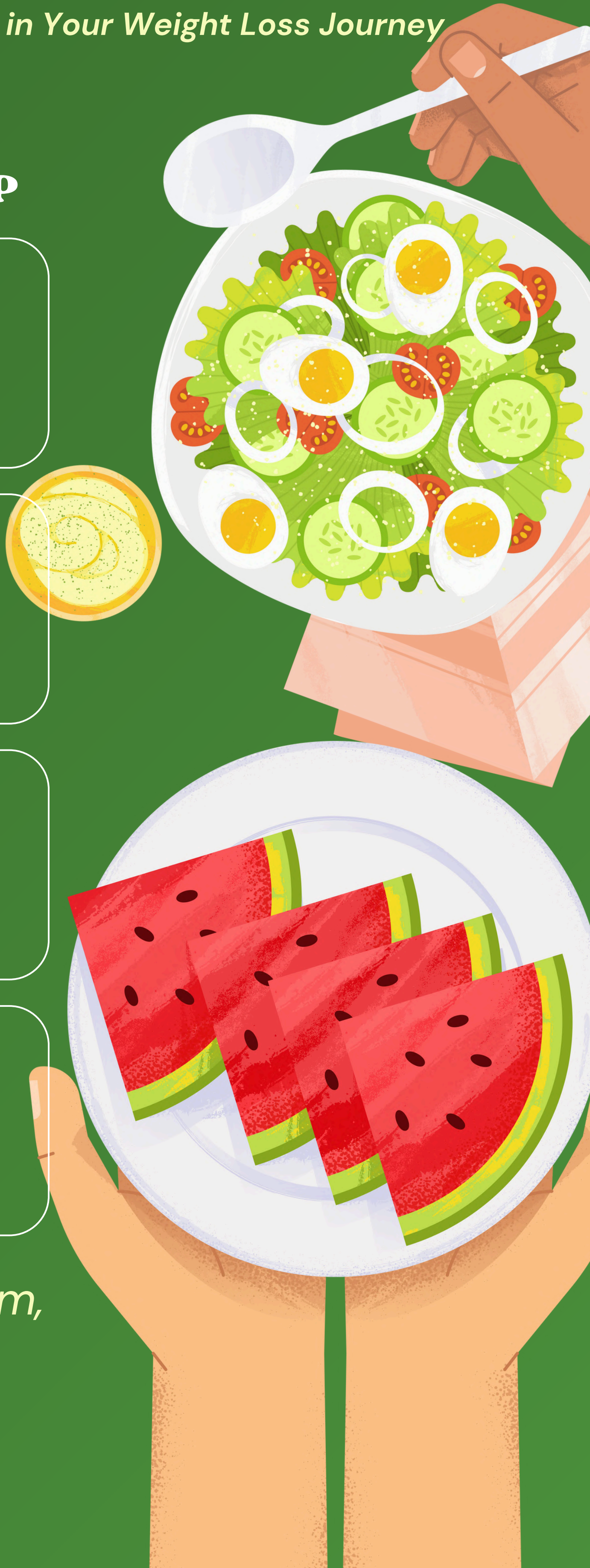
**4**

Discover coping techniques like mindful eating, stress reduction, and healthy substitutes to stay on track with your goals.

*Join us on April 23, 2025, from, 6:30PM to 7:00PM*

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WEIGHT LOSS AND  
WELLNESS CENTER  
METABOLIC & DIABETES SURGERY



MORPH WITH MAJID  
TRANSFORM TO YOUR BEST SELF



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**FREE ADULT SUPPORT GROUP**

# BUILDING A SUPPORT NETWORK

WHO IS IN YOUR CORNER?



**JOIN US ON MAY 28 FROM, 6:30PM TO 7:00PM**

- LEARN THE IMPORTANCE OF SOCIAL SUPPORT IN ACHIEVING YOUR HEALTH GOALS
- DISCOVER PRACTICAL TIPS FOR CULTIVATING ENCOURAGING RELATIONSHIPS



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**Don't miss out on the chance to connect and learn how to  
build a support system that works for you!**



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# ADDRESSING PLATEAUS:

FREE ADULT SUPPORT GROUP

**YOUR WEIGHT SEEMS TO BE STUCK  
DESPITE DOING ALL THE RIGHT THINGS?**

- Learn how to break through plateaus
- Share experiences and tips with others
- Get motivated and stay on track

**JOIN US FOR AN EMPOWERING AND  
SUPPORTIVE SESSION!**

**ON JUNE 25 FROM, 6:30PM TO 7:00PM**



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# LONGTERM MAINTENANCE

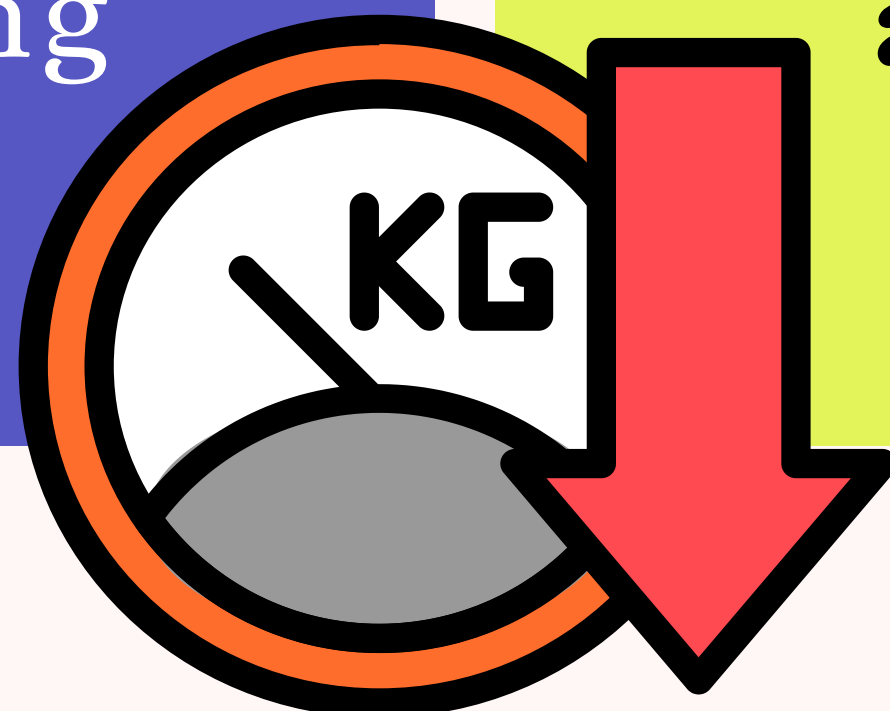
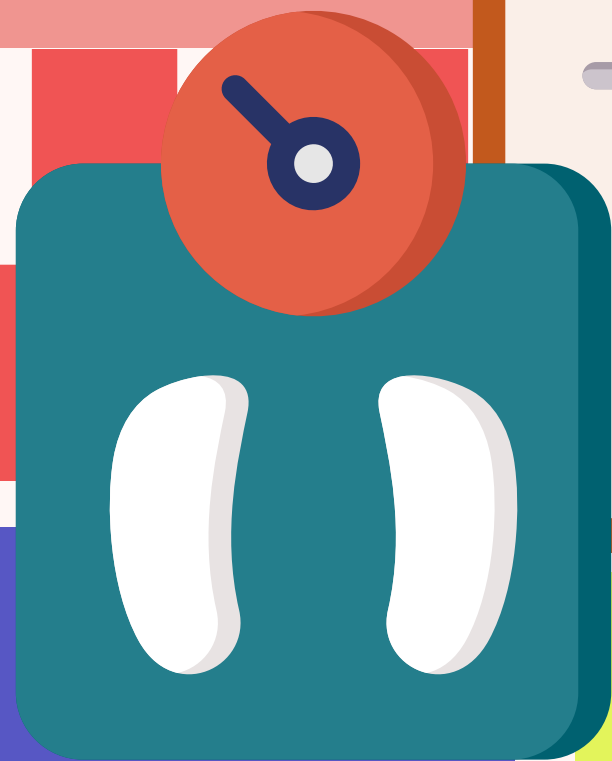
**JOIN US ON JULY 23  
FROM, 6:30PM TO 7:00PM**

- Effective strategies for maintaining weight loss

- Tips for avoiding regain in the long run

- Sharing experiences and learning together

**Let's keep the momentum going and support each other on this lifelong journey!**



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DEALING WITH

# Social Situations

FREE ADULT SUPPORT GROUP

**AUGUST 27**

**6:30PM-  
7:00PM**

As you continue on your weight loss and health journey, social situations like dining out, attending parties, and family gatherings can present challenges. Join us as we share helpful tips for:

- Making mindful choices at restaurants 🍴
- Navigating social events with confidence 🎉
- Balancing family traditions and new health goals ❤️



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**UNDERSTANDING**

# **Vitamin and Mineral Supplements**



- **The importance of supplements for overall health.**

- **How to choose the right vitamins and minerals for your needs.**

- **Practical tips for incorporating supplements into your lifestyle.**

**Join us as we dive into the essential role vitamins and minerals play in your weight loss journey.**

**SEPTEMBER 24 FROM 6:30PM – 7:00PM**



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# *Celebrating* **NON-SCALE VICTORY**



**THIS MONTH, WE'RE SHIFTING THE FOCUS FROM THE SCALE TO THE OTHER WINS THAT TRULY MATTER! LET'S COME TOGETHER TO:**

- ☀️ Share personal achievements like improved energy, better sleep, or enhanced health markers.
- ☀️ Celebrate the positive changes that aren't measured by numbers.
- ☀️ Connect with others on the journey to overall wellness.

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**FREE ADULT SUPPORT GROUP**

**OCTOBER 22 FROM 6:30PM - 7:00PM**



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# What's in the WEIGHT LOSS Toolbox?

**01**

**The different types of bariatric surgeries and procedures**

**02**

**Medication options for weight management**

**Additional tools and resources to support your journey**

**03**

**Join us as we take a step towards a healthier you by learning about effective weight loss solutions. Connect with peers and experts in a supportive and informative environment.**

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**FREE ADULT SUPPORT GROUP**  
**NOVEMBER 26 FROM 6:30PM - 7:00PM**

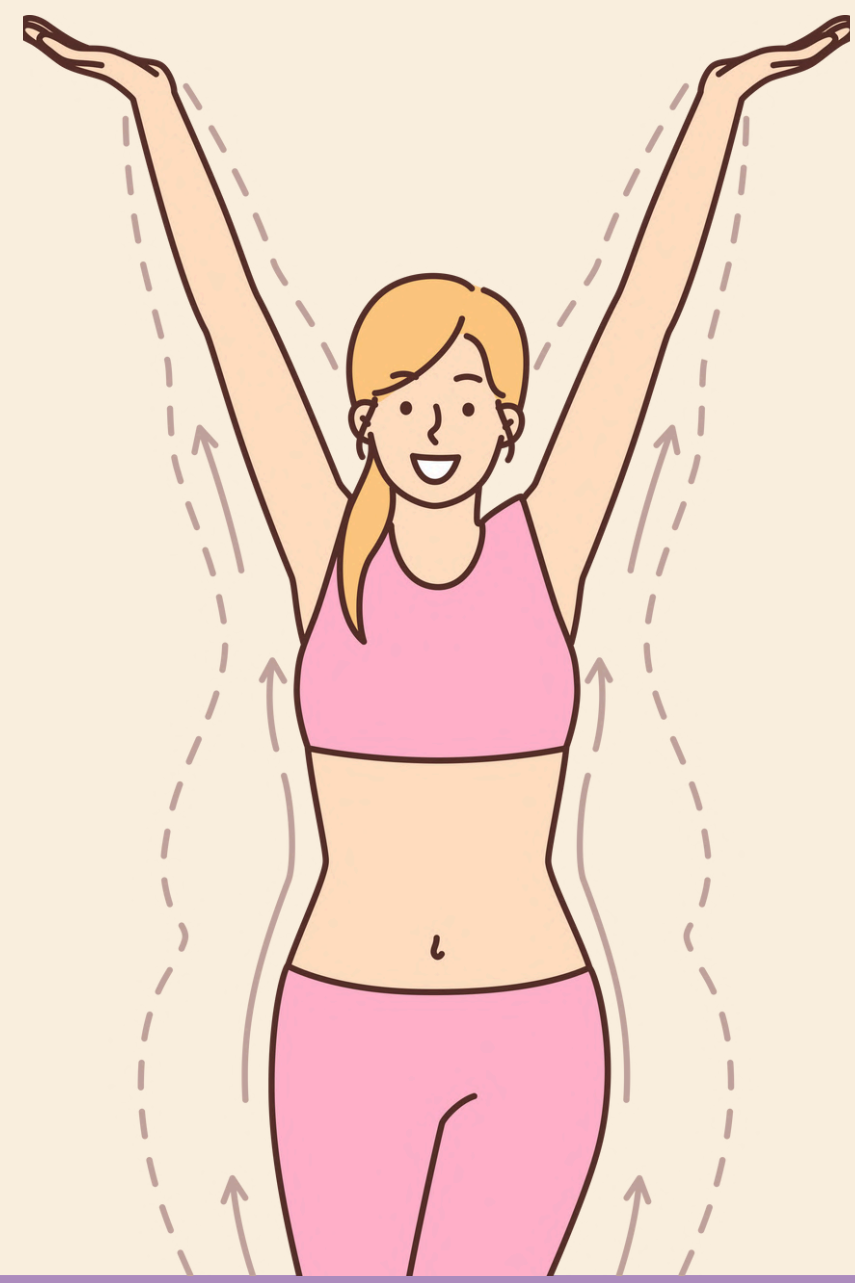




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# GOAL SETTING AND MOTIVATION



**How to set realistic and achievable goals**

**Strategies to stay motivated throughout your weight loss journey**

**Tips for creating a sustainable plan for lasting success**



**Start the New Year with a clear plan and the tools you need to stay on track!**

**Let's focus on progress, not perfection, together.**

**FREE ADULT SUPPORT GROUP  
DECEMBER 24 FROM 6:30PM - 7:00PM**

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