



**Dr. Saniea F. Majid**

Weight Loss and Wellness Center

**BODY POSITIVITY AND SELF-ESTEEM:  
LOVING YOUR BODY**  
*at every stage*

**JOIN US ON FEBRUARY 12, 2025 FROM 6:30 TO 7:00PM**



**[WWW.INSTAGRAM.COM/DRMAJID.WEIGHTLOSS/](http://WWW.INSTAGRAM.COM/DRMAJID.WEIGHTLOSS/)**

**FREE ADOLESCENT SUPPORT GROUP**

**READY TO EMBRACE BODY POSITIVITY?**

*Join our supportive community.*

*Let's work together to build self-esteem, challenge negative body image, and celebrate our unique journeys.*

*You're not alone.*



**MORPH WITH MAJID**  
TRANSFORM TO YOUR BEST SELF



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

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

or call  
**973-795-7955**







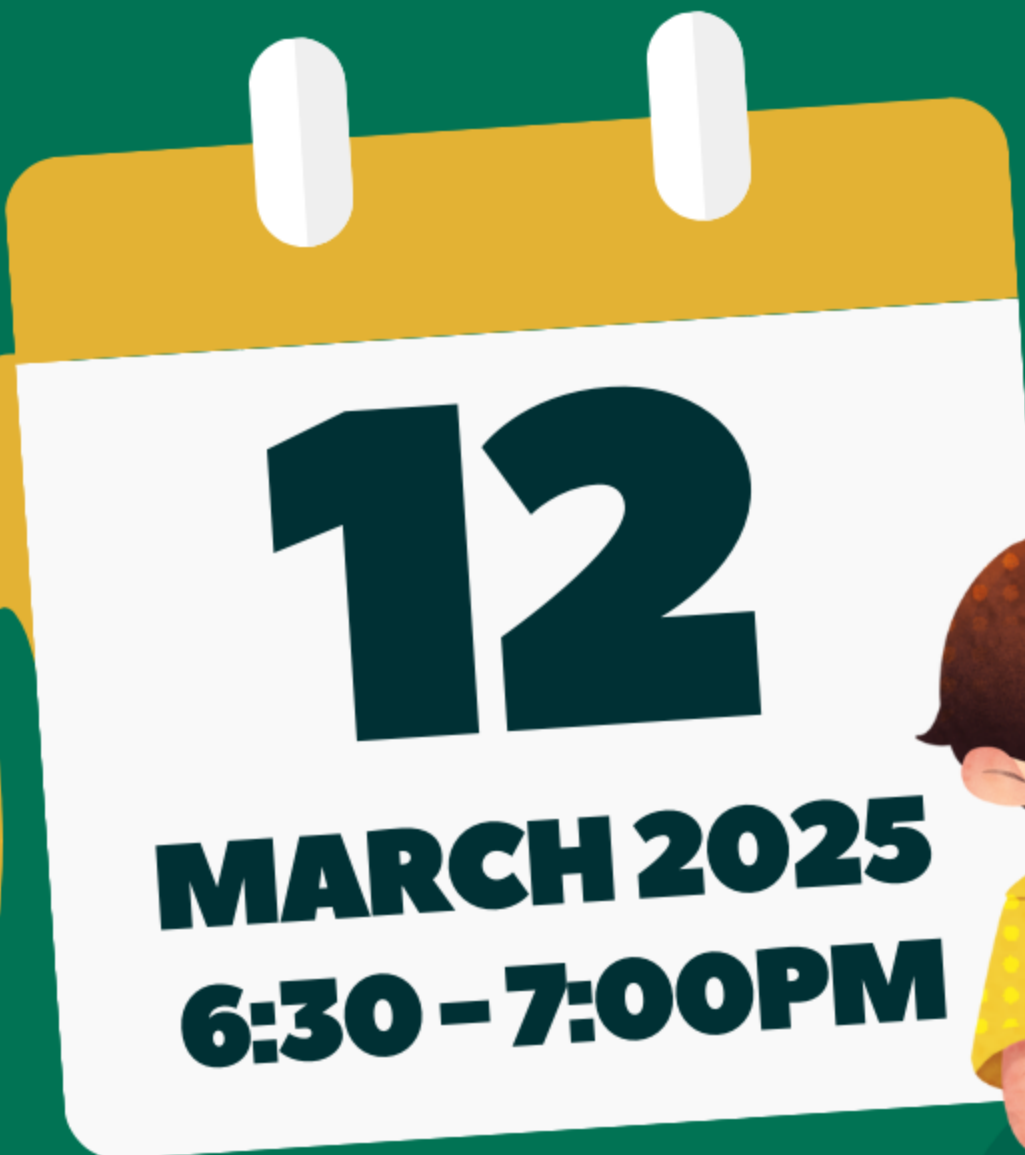
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# Health habits for a busy life

## Tips for teens on the Go



FREE ADOLESCENT SUPPORT GROUP



[www.instagram.com/drmajid.weightloss/](https://www.instagram.com/drmajid.weightloss/)



In today's fast-paced world, it's easy to let health fall by the wayside. But remember, prioritizing your well-being isn't selfish, it's essential!



Small changes can make a big difference.



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# MYTHBUSTERS:

## Debunking common teen nutrition myths

**FREE ADOLESCENT SUPPORT GROUP**



**LIVE**

[www.instagram.com/drmaid.weightloss/](https://www.instagram.com/drmaid.weightloss/)

Tired of confusing nutrition advice? Join our Facebook Support Group and learn the truth about common teen nutrition myths.

Join us on April 9, 2025  
from 6:30 to 7:30pm

Get the facts and make informed choices for a healthier you!



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# Setting Realistic Goals:

## Creating Sustainable Lifestyle Changes

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[www.instagram.com/drmaid.weightloss/](https://www.instagram.com/drmaid.weightloss/)

Goals for  
2025

**JOIN  
NOW!**



### Why Attend?

- ✓ Discover healthy habits and strategies for long-term success.
- ✓ Learn from others' experiences and discover new ways to incorporate healthy habits into your daily routine.

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# **SOCIAL CONNECTION & WELL-BEING:** *the Importance of Friendships and Support Systems*

**FREE ADOLESCENT SUPPORT GROUP  
JUNE 11, 2025 FROM 6:30 - 7:00PM**

  [WWW.INSTAGRAM.COM/DRMAJID.WEIGHTLOSS/](http://WWW.INSTAGRAM.COM/DRMAJID.WEIGHTLOSS/)



***Did you know strong social connections can improve your health?  
Join our group to learn how to build supportive relationships,  
reduce stress, and enhance your overall well-being on your weight  
loss journey***



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# TEEN SLEEP: THE SECRET WEAPON FOR WEIGHT MANAGEMENT & SUCCESS

FREE ADOLESCENT SUPPORT GROUP



Did you know that sleep plays a crucial role in weight management? Join our supportive group to learn the importance of teen sleep, discover tips for improving sleep quality, and unlock your full potential.

**JULY 9, 2025 FROM 6:30 - 7:00PM**



[www.instagram.com/drmaid.weightloss/](https://www.instagram.com/drmaid.weightloss/)

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# TEENS & TECH: NAVIGATING HEALTHY HABITS IN THE DIGITAL AGE

**Free Adolescent support group**

**August 13, 2025 | 6:30 to 7:00PM**

- Social media often filters out the reality of healthy living, showcasing unrealistic body images and promoting quick-fix diets.
- True wellness encompasses physical, mental, and emotional well-being.

*Let's learn more about your healthy and productive lifestyle!*



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# THE POWER OF FAMILY SUPPORT: HEALTHY EATING HABITS AT HOME

**FREE ADOLESCENT SUPPORT GROUP**  
**DECEMBER 10, 2025 | 6:30 - 7:00PM**



**MORPH WITH MAJID**  
TRANSFORM TO YOUR BEST SELF



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

*Healthy habits start at home! Join our support group for tips and strategies to help your teen develop healthy eating habits. Let's work together as a family to create a supportive and nourishing environment.*



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