



Nutrition

DEBUNKING COMMON MYTHS

FREE ADULT SUPPORT GROUP

Join us on **January 22, 2025 (Wednesday)** 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

Please join using RING CENTRAL:

Meeting ID: 855109708

Password: NzWcSd9ETM

Come curious, leave informed!



Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955



Dr. Saniea F. Majid

Weight Loss and Wellness Center



Dr. Saniea F. Majid

Weight Loss and Wellness Center

EMOTIONAL WELL-BEING:

THE PSYCHOLOGICAL ASPECTS OF WEIGHT LOSS

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

  <https://www.facebook.com/WeightLossDoctornj>

FREE ADULT SUPPORT GROUP

- Explore the impact of weight loss on body image, self-esteem, and mental health.
- 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



Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955





Dr. Saniea F. Majid

Weight Loss and Wellness Center

EXERCISE AND ACTIVITY

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

Meeting link: <https://v.ringcentral.com/join/902206589>

Scan to join:



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



Make an appointment at www.weightlossandwellnesscenter.com

or call
973-795-7955



Dr. Saniea F. Majid

Weight Loss and Wellness Center

MANAGING CRAVINGS AND TRIGGERS:

Coping with Emotional and Environmental Challenges in Your Weight Loss Journey

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

  <https://www.facebook.com/WeightLossDoctornj>

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

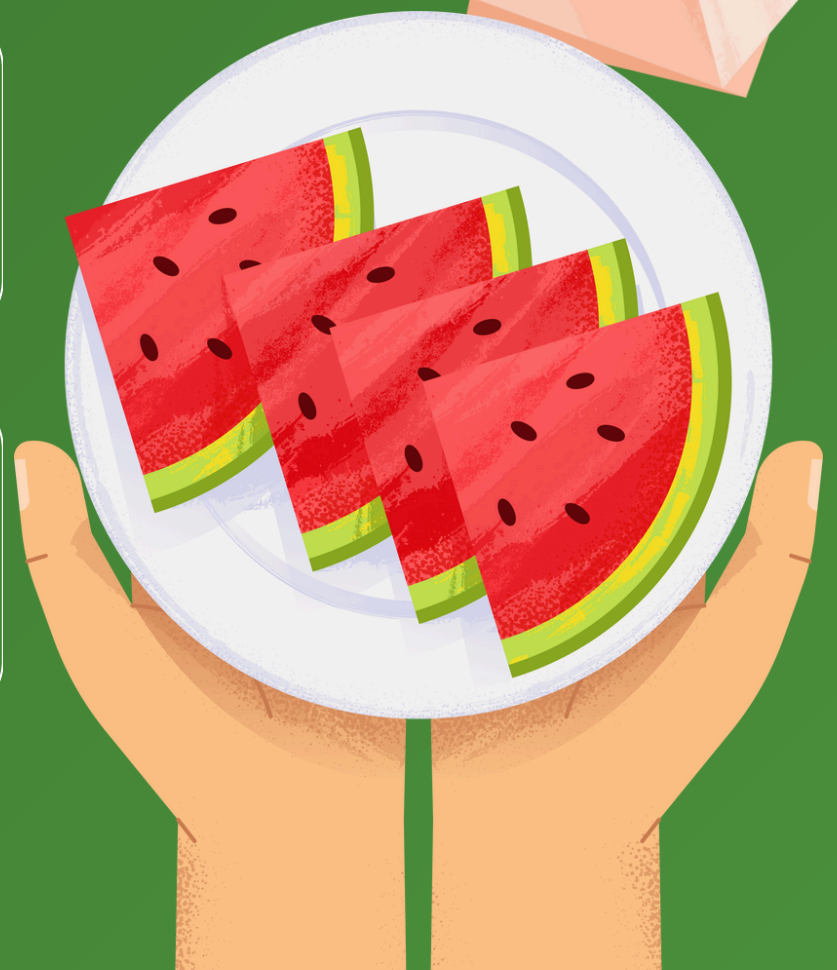
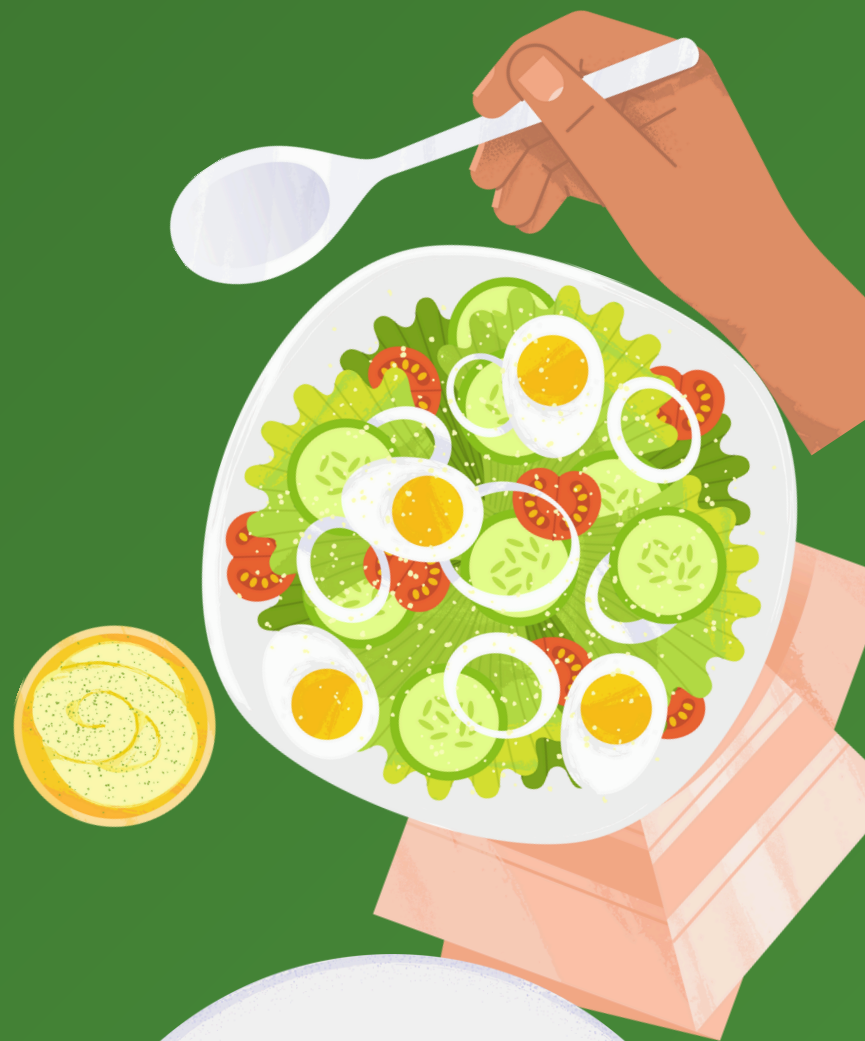
Learn how to differentiate between true physical hunger and emotional cravings that can lead to overeating.

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.



Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955



Dr. Saniea F. Majid

Weight Loss and Wellness Center

FREE ADULT SUPPORT GROUP

BUILDING A SUPPORT NETWORK

WHO IS IN YOUR CORNER?



JOIN US ON MAY 28, 2025 FROM, 6:30PM TO 7:00PM

f LIVE WWW.FACEBOOK.COM/WEIGHTLOSSDOCTORNJ

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



Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955

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



Dr. Saniea F. Majid

Weight Loss and Wellness Center

ADDRESSING PLATEAUS:

ON JUNE 25, 2025 FROM 6:30PM TO 7:00PM

  LIVE WWW.FACEBOOK.COM/WEIGHTLOSSDOCTORNJ

FREE ADULT SUPPORT GROUP

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

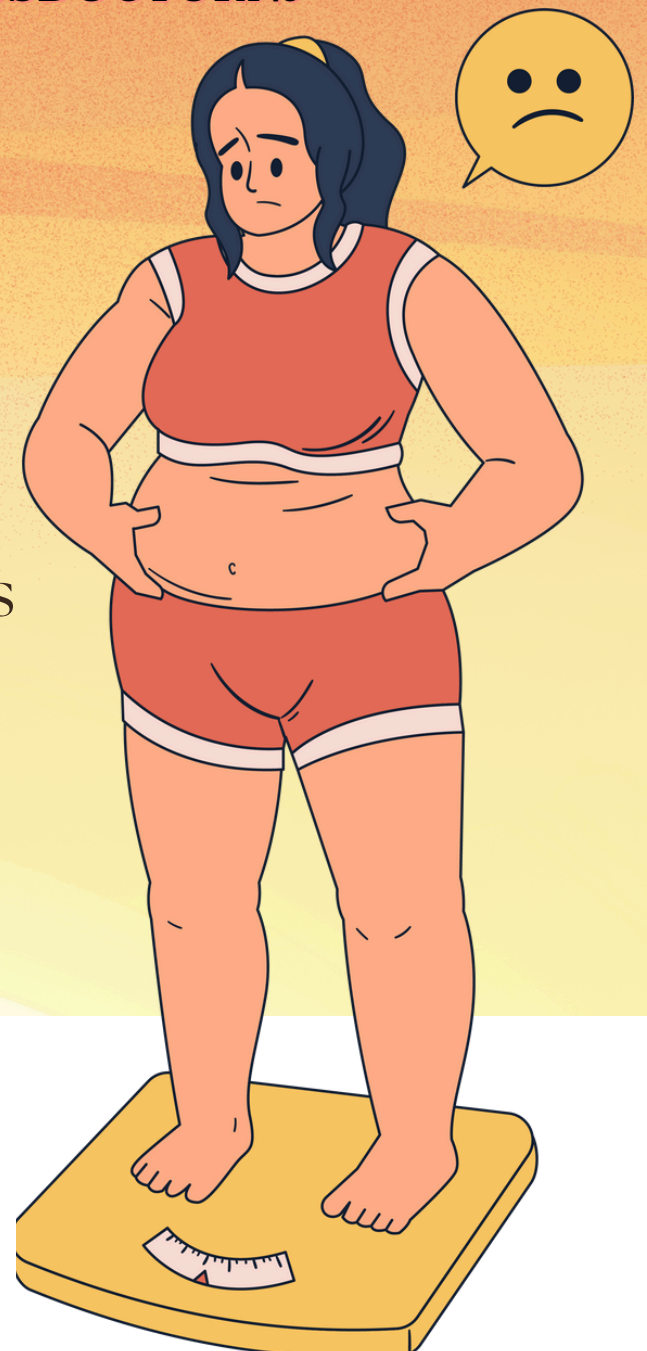
- Learn how to break through plateaus
- Share experiences and tips with others
- Get motivated and stay on track

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



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

LONGTERM MAINTENANCE



JOIN US ON JULY 23, 2025 FROM 6:30PM TO 7:00PM

LIVE WWW.FACEBOOK.COM/WEIGHTLOSSDOCTORNJ

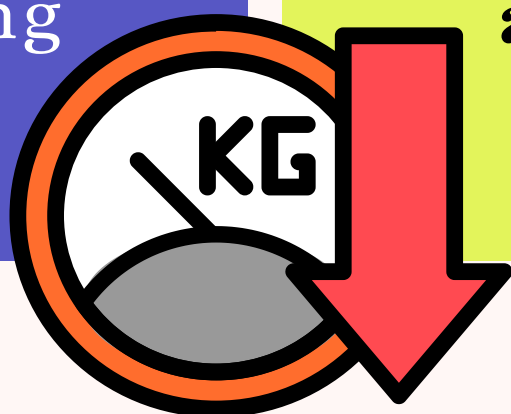
- Effective strategies for maintaining weight loss

FREE ADULT SUPPORT GROUP

- 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!



Make an appointment at www.weightlossandwellnesscenter.com

or call
973-795-7955



MORPH WITH MAJID
TRANSFORM TO YOUR BEST SELF



Dr. Saniea F. Majid

Weight Loss and Wellness Center

DEALING WITH Social Situations

AUGUST 27, 2025 FROM 6:30 TO 7:00PM



WWW.FACEBOOK.COM/WEIGHTLOSSDOCTORNJ

FREE ADULT SUPPORT GROUP

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 ❤️



Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955





Dr. Saniea F. Majid

Weight Loss and Wellness Center

FREE ADULT SUPPORT GROUP

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.

SEPTEMBER 24, 2025 FROM 6:30PM – 7:00PM



www.facebook.com/WeightLossDoctornj

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



Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955



MORPH WITH MAJID
TRANSFORM TO YOUR BEST SELF



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

Celebrating **NON-SCALE** VICTORY



OCTOBER 22, 2025 FROM 6:30PM - 7:00PM



LIVE

www.facebook.com/WeightLossDoctornj

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.**



Make an appointment at
www.weightlossandwellnesscenter.com

or call
973-795-7955

FREE ADULT SUPPORT GROUP



Dr. Saniea F. Majid

Weight Loss and Wellness Center

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



NOVEMBER 26, 2025
FROM 6:30PM - 7:00PM



www.facebook.com/WeightLossDoctornj

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.



Make an appointment at
www.weightlossandwellnesscenter.com

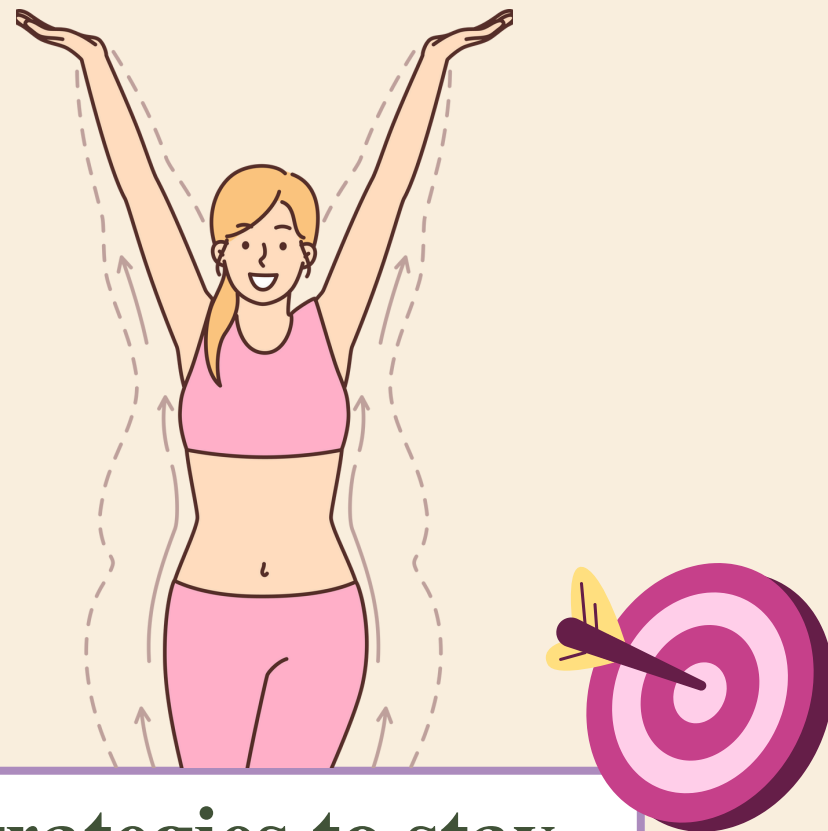
or call
973-795-7955

FREE ADULT SUPPORT GROUP



Dr. Saniea F. Majid

Weight Loss and Wellness Center



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



DECEMBER 24, 2025 FROM 6:30PM - 7:00PM

  **LIVE** www.facebook.com/WeightLossDoctornj



FREE ADULT SUPPORT GROUP
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.

Make an appointment at www.weightlossandwellnesscenter.com



or call
973-795-7955

