



The Weight Loss Support Group meets on the first Thursday of each month from 6:00 – 7:00 PM at the NMMC Wellness Center, 1030 S. Madison Tupelo, MS.
Please call (662) 377- SLIM (7546) for further information.

Weight Loss Support Group Schedule 2019

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| January 3, 2019 | Weight Management Visits/Insurance Changes | Audrey Miller & Bariatric Staff |
| February 7, 2019 | Is Exercise Important After Surgery? | Dr. Will Cauthen |
| March 7, 2019 | Insulin Resistance, Diabetes, & Weight Loss | Dr. Vernon Rayford |
| April 4, 2019 | *Bariatric Health Fair | *Bariatric Center Staff |
| May 2, 2019 | Bariatric Surgery | Dr. Terry Pinson |
| June 6, 2019 | Reshaping Your Body after Weight Loss | Dr. Mark Craig |
| July 11, 2019 | Weight Loss and Women's Health | Dr. Cassie Hill |
| August 1, 2019 | Personal Testimonies and Living Ads | Vivian Rogers, DNP, NP-C |
| September 5, 2019 | How Behavior and Emotion Affect Outcomes | Dr. Mike Oliver |
| October 3, 2019 | Shape It Up! Redefining Your Silhouette | Dr. Alan Pritchard |
| November 7, 2019 | How to Grow Wholesome Foods | Native Son Farms & Ginger Mark, RD |
| December 5, 2019 | Cooking Healthy for the Holidays | Bariatric Center Staff |

Note: One Support Group **must** be attended prior to bariatric surgery.

***LOCATION CHANGE: Bariatric Clinic, 408 Council Cir Suite C, Tupelo MS 38801**

Topics and speakers are subject to change

ONLINE: http://www.nmhs.net/bariatric_weight_loss_support_group.php