



## Weight Loss Support Group Schedule 2020

The Weight Loss Support Group meets on the first Thursday of each month from 6-7 p.m.

**Meetings will be ONLINE only.**

Please call (662) 377- SLIM (7546) for further information.

<b>January 2</b>	Obesity & Sleep Apnea	Stevie Crane, RPSGT
<b>February 6</b>	Weight Loss & Diabetes	Tandalaya Traylor, CFNP
<b>March 5</b>	Counseling to Cope after Surgery	Amy Thomas, PMHNP-BC
<b>April 2</b>	Nutritional Advice for Bariatric Patients	Ginger Mark, RD, CDE
<b>May 7</b>	Ask the Surgeon	Dr. Terry Pinson, MD
<b>June 4</b>	Ask the Surgeon	Dr. Will Cauthen, MD
<b>July 2</b>	Primary Care after Bariatric Surgery	Dr. Vernon Rayford, MD
<b>August 6</b>	Personal Testimonies & Living Ads	Vivian Rogers, DNP, NP-C
<b>September 3</b>	Your Body after Weight Loss	Dr. Alan Pritchard
<b>October 1</b>		
<b>November 5</b>	Exercising after Weight Loss Surgery	Wellness Center Staff
<b>December 3</b>	Healthy Holiday Food Options	Bariatric Center Staff

Note: One Support Group **must** be attended prior to scheduling your surgery date.

**Watch online at [www.nmhs.net/weight-loss-support-group](http://www.nmhs.net/weight-loss-support-group)**