



Weight Loss Support Group Schedule 2021

The Weight Loss Support Group meets on the first Thursday of each month from 6:00 –7:00 PM

Meetings will be ONLINE only

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

January 7	Obesity and Sleep Apnea	Stevie Crane, RPSGT
February 4	Stress Management and Emotional Eating	Valerie Fields, LPC, CEAP
March 4	Exercising before and after Weight Loss Surgery	Wellness Center Staff
April 1	Nutritional Advice for Bariatric Patients	Ginger Mark, RD, CDE
May 6	Ask the Surgeon, Part 1	Dr. Terry Pinson, MD
June 3	Emotion, Behaviors, & Weight Management	Dr. John Young
July 1	Primary Care after Bariatric Surgery	Dr. Vernon Rayford, MD
August 5	Personal Testimonies and Living Ads	Vivian Rogers, DNP, NP-C
September 2	Your Body after Weight Loss Surgery	Dr. Alan Pritchard
October 7	Ask the Surgeon, Part 2	Dr. Will Cauthen
November 4	Men are from Mars & Women are from Venus	Dr. Marilyn Hopkins
December 2	Healthy Holiday Food Options	Bariatric Center Staff

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

ONLINE: www.nmhs.net/weight-loss-support-group