



## 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.

|                    |   |                            |
|--------------------|---|----------------------------|
| <b>January 7</b>   | Obesity and Sleep Apnea                           | Stevie Crane, RPSGT        |
| <b>February 4</b>  | Stress Management and Emotional Eating            | Valerie Fields, LPC, CEAP  |
| <b>March 4</b>     | Exercising before and after Weight Loss Surgery   | Wellness Center Staff      |
| <b>April 1</b>     | Nutritional Advice for Bariatric Patients         | Ginger Mark, RD, CDE       |
| <b>May 6</b>       | Ask the Surgeon, Part 1                           | Dr. Terry Pinson, MD       |
| <b>June 3</b>      | Emotion, Behaviors, & Weight Management           | Dr. John Young             |
| <b>July 1</b>      | Primary Care after Bariatric Surgery              | Dr. Vernon Rayford, MD     |
| <b>August 5</b>    | Personal Testimonies and Living Ads               | Vivian Rogers, DNP, NP-C   |
| <b>September 2</b> | Bariatric Surgery from a Primary Care Perspective | Dr. Bonnie Basler, MD RHIA |
| <b>October 7</b>   | Ask the Surgeon, Part 2                           | Dr. Will Cauthen           |
| <b>November 4</b>  | Men are from Mars & Women are from Venus          | Dr. Marilyn Hopkins        |
| <b>December 2</b>  | 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](http://www.nmhs.net/weight-loss-support-group)