



Weight Loss Support Group Schedule 2022

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 6** Exercising before and after Weight Loss Surgery Wellness Center Staff
<https://nmmc.webex.com/nmmc/onstage/g.php?MTID=ea20e176c82c48b4b8f842aa031df998f>
- April 7** Post Bariatric Surgery Body Reconstruction Dr. Jared Davis
<https://nmmc.webex.com/nmmc/onstage/g.php?MTID=e1557d5b89c0aa6ac5c0818787d8acfa9>
- June 2** Ask the Surgeon Dr. Will Cauthen
<https://nmmc.webex.com/nmmc/onstage/g.php?MTID=ea402aa23735db0cc3379e553d2691630>
- July 7** Emotions and Weight Dr. John Young
<https://nmmc.webex.com/nmmc/onstage/g.php?MTID=e38e6dc731903fcb6859ae3a911ac4cd8>
- August 4** Insurance and Bariatric Benefits Teri Spain
<https://nmmc.webex.com/nmmc/onstage/g.php?MTID=e99ebd0ebbd08493995b2fb8f6857a72b>
- September 1** The role of the Primary Care Provider before and after Bariatric Surgery
Dr. Bonnie Basler
<https://nmmc.webex.com/nmmc/onstage/g.php?MTID=e7b7c84191e6fe313a2022814ea89a0af>
- October 6** Healthy Holiday Food Options Bariatric Clinic Staff
<https://nmmc.webex.com/nmmc/onstage/g.php?MTID=e203ae0b96cdba8b4ba1fd09494a4dc37>
- November 3** Importance of Sleep Hygiene and Using your CPAP/BiPAP Device
Stevie Crane
<https://nmmc.webex.com/nmmc/onstage/g.php?MTID=ef80251d4b4f484c1762e0ce1920412fa>
- December 1** Prep for the Christmas Holidays and Setting Realistic Goals Bariatric Clinic Staff
<https://nmmc.webex.com/nmmc/onstage/g.php?MTID=edfdaca0da746577e6d4139f51c063bb2>

Also, please enjoy our pre-recorded support groups on our website listed below

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

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