



**JOHNSON
MEMORIAL**
WELLNESS SERVICES

2022 Metabolic Surgery Support Group Meetings

Johnson Memorial Hospital
1125 Jefferson St. Franklin
(Main Entrance off Drake Road)

Location: Wellness Classroom (New Building) 2nd Floor

5pm-6pm

Support groups are for adults who have had or are interested in having weight loss surgery.

You may bring a support person to the meetings.

January 5th: New Year, New Me!

February 2nd: Preventing Weight Regain after Weight Loss

March 2nd: Struggling with Complications?

April 6th: Staying on Track and Staying Accountable

May 4th: Success Stories

June 1st: What's Working and What Isn't?

July 6th: Positive Self Talk

August 3rd: Importance of Vitamins and Protein Supplements

September 7th: Friends and Family Night

October 5th: Managing Stress and Emotional Eating

November 9th: Healthy Eating During the Holidays

December 7th: End of Year Reflection

No need to register- Just show up!

If you have questions or need more information

Contact Natalie Hesler, RD at (317) 346-3874

nhesler@johnsonmemorial.org

***Please join our Facebook page "Johnson Memorial Hospital Metabolic Surgery Support Group" to get updates, connect with others, or join our support groups virtually if you are unable to make it in person!**

- 1. Get on Facebook and search "Johnson Memorial Hospital Metabolic Surgery Support Group"**
- 2. Click "request to join" group**
- 3. One of the group administrators will approve your request to join.**