



**JOHNSON
MEMORIAL**
WELLNESS SERVICES

2021 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 6th at 5pm: Sticking to those New Year's Resolutions

February 3rd at 5pm: Preventing weight regain after weight loss

March 3rd at 5pm: Struggling with Complications

April 7th at 5pm: My New Beginning/Staying on Track

May 5th at 5pm: Success Stories

June 10th at 5pm: What's Working and What Isn't?

July 7th at 5pm: The New Me

August 4th at 5pm: Positive Self Talk

September 8th at 5pm: Importance of Vitamins and Protein Supplements

October 6th at 5pm: Friend/Family Night

November 3rd at 5pm: Managing Stress/Stress Eating

December 8th at 5pm: Eating Healthy for the Holidays

No need to register- Just show up!
If you have questions or need more information
Contact Natalie Hesler, RD at (317) 346-3867
nhesler@johnsonmemorial.org