



**JOHNSON
MEMORIAL**
WELLNESS SERVICES

2020 Bariatric Support Group Meetings

Johnson Memorial Hospital
1125 Jefferson St. Franklin
(Drake Road entrance)

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.

August 12th at 5pm: Positive Self Talk

September 9th at 12pm: Importance of Vitamins and Supplements

October 7th at 5pm: Friend/Family Night

November 4th at 12pm: Managing Stress/Stress Eating

December 9th 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