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) 346-3874
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.**