



**JOHNSON
MEMORIAL**
WELLNESS SERVICES

Metabolic Surgery Support Group 2023 Calendar

Whether you're seeking support following weight loss surgery or interested in pursuing weight loss surgery, this is the place for you!

→ **Join us every first Wednesday of the month***

Johnson Memorial Hospital, Main Entrance (off Drake Rd, next to ED)
1125 Jefferson St. Franklin, IN
Main 2A Wellness Conference Room

DATE/TIME	TOPIC
JANUARY 4 @ 5:00-6:00 PM	Behavior Change Strategies
FEBRUARY 1 @ 11:00-12:00 PM	Mastering Meal Planning
MARCH 1 @ 5:00-6:00 PM	Grocery Shopping & Label Reading
APRIL 5 @ 11:00-12:00 PM	Emotional Eating, Cravings, and Mental Health
MAY 3 @ 5:00-6:00 PM	Troubleshooting during Weight Loss
JUNE 7 @ 11:00-12:00 PM	Supplementation: Vitamins, Minerals, Protein
JULY 5 @ 5:00-6:00 PM	Exercise at Home, Work, and Vacation
AUGUST 2 @ 11:00-12:00 PM	Myth Busting: Bariatric Surgery
SEPTEMBER 6 @ 5:00-6:00 PM	Success Stories
OCTOBER 4 @ 11:00-12:00 PM	Personal Goals & Accountability
NOVEMBER 1 @ 5:00-6:00 PM	Holiday Happiness
DECEMBER 6 @ 11:00-12:00 PM	Open Forum

*No need to register- Just show up!

Contact Rachel Savage, RDN, at (317) 346-3867 or rsavage@johnsonmemorial.org with questions

→ **We're on Facebook! To stay up to date, connect with others, or join a meeting virtually, just search 'Johnson Memorial Hospital Metabolic Surgery Support Group' and request to join.**