



**JOHNSON  
MEMORIAL**  
WELLNESS SERVICES

## 2020 Bariatric Support Group Meetings

Johnson Memorial Hospital  
1125 W Jefferson St. Franklin

[January and February Location: JMH 1159 Building, 3<sup>rd</sup> Floor, Room 301-B](#)

[March – December Location: Wellness Classroom \(New Building\) 2<sup>nd</sup> Floor](#)

**12pm-1pm OR 5pm-6pm (Alternating times)**

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 8<sup>th</sup> at 12pm: Sticking to those New Year's Resolutions

February 5<sup>th</sup> at 5pm: Preventing weight regain after weight loss

March 4<sup>th</sup> at 12pm: Talk to the Doc

April 8<sup>th</sup> at 5pm: My New Beginning/Staying on Track

May 6<sup>th</sup> at 12pm: Success Stories

June 10<sup>th</sup> at 5pm: My Final Success

July 8<sup>th</sup> at 12pm: The New Me

August 5<sup>th</sup> at 5pm: Positive Self Talk

September 9<sup>th</sup> at 12pm: Importance of Vitamins and Supplements

October 7<sup>th</sup> at 5pm: Friend/Family Night

November 4<sup>th</sup> at 12pm: Managing Stress/Stress Eating

December 9<sup>th</sup> 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](mailto:nhesler@johnsonmemorial.org)