



2023 Surgical Weight Loss Support Group

Mercer Health's Center for Healthy Weight & Wellness offers a surgical weight loss support group that meets monthly for those preparing for weight loss surgery and for those that have had weight loss surgery.

Our surgical weight loss support group meets monthly on Mondays at **3:30 p.m.** The support group meets in-person or can be attended virtually via Web-Ex.

January 9	Exercise
February 6	Food Moods
March 6	Positive Self-Talk
April 3	Side Effects After Surgery
May 1	Vitamins and Minerals
June 5	Stress
July 3	Beverage Breakdown
August 7	Emotional Eating
September 11	Healthy Habits
October 2	Tricks to Avoid the Treats
November 6	Holiday Eating
December 4	Group Panel: Strategies for Success after Bariatric Surgery

Healthy Weight & Wellness Informational Seminar

If you or someone you know are interested in learning more about the numerous healthy weight & wellness programs available at Mercer Health, we invite you to view our FREE online informational seminar. The seminar is available online 24/7 and can be viewed at: <https://mercer-health.com/seminar-weight-management>



Center for Healthy Weight & Wellness

For more information, please contact the Center for Healthy Weight & Wellness at 419-678-8446.