



Mercer Health

Center for Healthy Weight & Wellness

2026 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 **3:00 p.m.** The support meets in-person or can be attended virtually via Web-Ex.

January 5

Stress Management

February 2

Hydration

March 2

Vitamin & Mineral Needs

April 6

Strength Training

May 4

Grocery Shopping Tips & Tricks

June 1

Exercise Review: A Walk Through Coldwater Park

July 6

Modifying Recipes

August 3

Mindful Eating

September 14

Weight Loss Medication Review

October 5

Positive Thinking

November 2

Holiday Eating - Recipe Swap

December 7

Group Panel: Strategies for Success after Surgery

Weight Management Informational Seminar

If you or someone you know is interested in learning more about the many healthy weight and wellness programs available at Mercer Health, we invite you to watch our FREE online informational seminar.

The seminar is available online 24/7 and can be viewed at:

<https://mercer-health.com/seminar-weight-management>

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