



Weight Loss Support Group Schedule 2020

The Weight Loss Support Group meets on the first Thursday of each month from 6-7 p.m.

Meetings will be ONLINE only.

Please call (662) 377- SLIM (7546) for further information.

January 2	Obesity & Sleep Apnea	Stevie Crane, RPSGT
February 6	Weight Loss & Diabetes	Tandalaya Traylor, CFNP
March 5	Counseling to Cope after Surgery	Amy Thomas, PMHNP-BC
April 2	Nutritional Advice for Bariatric Patients	Ginger Mark, RD, CDE
May 7	Ask the Surgeon	Dr. Terry Pinson, MD
June 4	Ask the Surgeon	Dr. Will Cauthen, MD
July 2	Primary Care after Bariatric Surgery	Dr. Vernon Rayford, MD
August 6	Personal Testimonies & Living Ads	Vivian Rogers, DNP, NP-C
September 3	Your Body after Weight Loss	Dr. Alan Pritchard
October 1	Emotion, Behavior & Weight Management	John Young, Ph.D,
November 5	Exercising after Weight Loss Surgery	Wellness Center Staff
December 3	Healthy Holiday Food Options	Bariatric Center Staff

Note: One Support Group **must** be attended prior to scheduling your surgery date.

Watch online at www.nmhs.net/weight-loss-support-group