

## Group Support Meetings

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We encourage all patients to attend our Group Support meetings prior to and after surgery. Studies show that those patients who attend group support meetings have greater success with their weight loss. The Group Support Meetings are peer to peer, educational and are a great resource on your weight loss journey. These meetings are designed to:

1. Provide a support system in your weight loss journey;
2. Be an educational resource;
3. Offer tools for your success in weight loss;
4. Clothes exchanges, Guest speakers and so much more.

## 2019 Schedule

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Tuesday, January 8th	6 PM – 7:00 PM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
*Tuesday, January 8th	6 PM – 7:00 PM	St. Joseph, Tawas Conf Room A
*Wednesday, January 16th	10AM – 11:00 AM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
Tuesday, February 5th	6 PM – 7:00 PM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
*Tuesday, February 12th	6 PM – 7:00 PM	St. Joseph, Tawas Conf Room A
*Wednesday, February 20th	10AM – 11:00 AM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
Tuesday, March 5th	6 PM – 7:00 PM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
*Tuesday, March 12th	6 PM – 7:00 PM	St. Joseph, Tawas Conf Room A
*Wednesday, March 20th	10AM – 11:00 AM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
Tuesday, April 2nd	6 PM – 7:00 PM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
*Tuesday, April 9th	6 PM – 7:00 PM	St. Joseph, Tawas Conf Room A
*Wednesday, April 17th	10AM – 11:00 AM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
Tuesday, May 7th	6 PM – 7:00 PM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
*Tuesday, May 14th	6 PM – 7:00 PM	St. Joseph, Tawas Conf Room A
*Wednesday, May 15th	10AM – 11:00 AM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
Tuesday, June 4th	6 PM – 7:00 PM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
*Tuesday, June 11th	6 PM – 7:00 PM	St. Joseph, Tawas Conf Room A
*Wednesday, June 19th	10AM – 11:00 AM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
Tuesday, July 2nd	6 PM – 7:00 PM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
*Tuesday, July 9th	6 PM – 7:00 PM	St. Joseph, Tawas Conf Room A
*Wednesday, July 17th	10AM – 11:00 AM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor
Tuesday, August 6th	6 PM – 7:00 PM	St. Mary's Riverfront, 3 <sup>rd</sup> Floor