

CENTER FOR WEIGHT REDUCTION 2024 SUPPORT GROUP MEETINGS

GoshenWeightReduction.com

(574) 537-8326

4:00 – 5:00 p.m.	10:30 – 11:00 a.m.	5:30 – 6:30 p.m.
January 2 Goal Setting	January 11 Goal Setting	January 25 Goal Setting
February 6 Nutrition	February 8 Nutrition	
March 5* In person: Fitness	March 14* In person: Fitness	
April 2 Mental Health	April 8 Mental Health	April 22 Mental Health
May 7 Surgical Panel Discussion	May 9 Surgical Panel Discussion	
June 4* In person: Cooking Demo	June 13* In person: Cooking Demo	
July 2* In person: Fitness	July 11* In person: Fitness	
August 6 Self Care	August 8 Self Care	
September 3* In person: Fitness	September 12* In person: Fitness	
October 1 Mental Health	October 7 Mental Health	October 21 Mental Health
November 5 Surgical Panel Discussion	November 14 Surgical Panel Discussion	
December 3 Nutrition	December 12 Nutrition	

***These groups will be held at the classroom on the second floor of Heart and Vascular (where initial nutrition class is held). Address is: 1855 S Main St Suite A.**

For all other support groups, log onto zoom meeting, by going to this link: <https://goshenhealth.zoom.us/j/6846061518> or entering this number for the meeting ID: 684-606-1518 when using the app. You may also dial +1 (301) 715-8592 and enter the meeting ID when prompted. If you have any issue logging in, please give our center a call so we can help.

Note: April and October groups moved from Thur. to Mon.



Goshen Physicians

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