



*Your Journey to Healthy Living*

Medical Office Building  
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A Department of Lakes Region General Hospital

## 2021 Bariatric Support Groups

**3<sup>rd</sup> Thursday each month via Zoom or when able we will be in the WINH Conference Room-unless noted differently below; 6:00-7:00 p.m.**

**(Topics and Locations are subject to change; please call the office at 527-2946 for confirmation)**

January 1/21/2021	Kick-Off the New Year! Your Toolbox-What tools do you Have Besides Food? Facilitator: Terri Aubin, LICSW
February 2/18/2021	Assessing your own Self Awareness & Happiness Facilitator: Carolyn Muller, CCP
March 3/18/2021	What is the Rush? Unrealistic Weight Loss Expectations Facilitator: Terri Aubin, LICSW
April 4/15/2021	Breaking Down the New Food Label with Fun Demo's! Facilitator: Kathleen Hayward RDN, LD
May 5/20/2021	Changing Negative Self Talk Facilitator: Terri Aubin, LICSW
June 6/17/2021	Behavior Modification Facilitator: Elizabeth White RDN, LD
July 7/15/2021	Mind Games: When Your Mind is Trying to Take Over the Healthy You Facilitator: Terri Aubin, LICSW
August 8/19/2021	Meet us at the Opechee Track in Laconia for Walking and Talking Facilitator: Kathleen Hayward RDN, LD
September 9/16/2021	Building Your Self-Esteem Facilitator: Terri Aubin, LICSW
October 10/21/2021	Make Your own Inspirational Jar; it is Not Your Typical Candy Jar! Facilitator: Carolyn Muller, CCP
November 11/18/2021	Body Dissatisfaction and Our Own Unrealistic Expectations Facilitator: Terri Aubin, LICSW
December 12/16/2021	Yankee Swap-\$10 Gift Limit Facilitator: Kathleen Hayward RDN, LD

**Support groups will be held via Zoom until we are able to have group sessions. If you would like a zoom invite to the meetings please email [winh@lrgh.org](mailto:winh@lrgh.org) and request an invite.**