

WINTER/ EARLY SPRING 2020

SUPPORT GROUP SCHEDULE

Wednesday evenings (unless otherwise noted *)
from 6:00 – 7:00pm
Conference Room – Suite 175**

January 15	Meal Planning Workshop
January 22	Post-op Group: Adjusting Emotionally to Life After Surgery
February 5	Protein and Vitamin Tasting
February 19	Involving Friends & Family After Surgery (please come with your support person)
February 26	Post-op Group: Patient to Patient Post-op Tips
March 4	Acknowledging Non-Scale Victories
March 18	Plastic Surgery
March 25	Post-op Group: Barriers to Self-Care
April 1	Virtual Grocery Store Tour
April 15	Meet the Stars
April 22	Post-op Group: Strategies for Stress & Comfort Eating

When the weather is threatening, please check with our office before coming to our support group meeting. Call 781-314-7600 to confirm if the support group is being cancelled.

All pre-op patients must attend at least 3 groups: make sure one group is a post-op group as observers. You do not need to sign up for a group in advance. Simply sign in when you get here.

You may bring any support person to any group meeting.

Post-op patients are welcome to attend any and all groups.