

# SGM-NOVEMBER-2017

## **11-1-17 (WED) BROWN BAG SGM**

Time: 12-1 PM

Topic: Friends, Family and WLS

## **11-17-17 (FRI) BROWN BAG SGM**

Time: 12-1 PM

Topic: Frustration with Plateaus

## **11-1-17 (WED) SGM**

Time: 5-6 PM

Topic: Turning Point

## **11-22-17 (WED) BROWN BAG SGM**

Time: 12-1 PM

Topic: Thanksgiving after WLS

## **11-3-17 (FRI) BROWN BAG SGM**

Time: 12-1 PM

Topic: Winter Activities

## **11-24-17 (FRI) BROWN BAG SGM**

OFFICE CLOSED FOR

THANKSGIVING

## **11-8-17 (WED) BROWN BAG SGM**

Time: 12-1 PM

Topic: Setting and Achieving Goals

## **11-29-17 (WED) BROWN BAG SGM**

Time: 12-1 PM

Topic: Exercise

## **11-8-17 (WED) SGM**

Time: 5-6 PM

Topic: Journaling

## **11-29-17 (WED) BROWN BAG SGM**

Time: 5-6PM

Topic: Importance of Supplements

## **11-10-17 (FRI) BROWN BAG SGM**

Time: 12-1 PM

Topic: Meal Planning

## **11-15-17 (WED) BROWN BAG SGM**

Time: 12-1 PM

Topic: Surgical Options

## **11-15-17 (WED) SGM**

Time: 5-6 PM

Topic: Addiction