

SGM-OCTOBER-2017

10-4-17 (WED) BROWN BAG SGM

Time: 12-1 PM

Topic: Emotional Eating

10-25-17 (WED) SGM

Time: 5-6 PM

Topic: Healthy Alternatives

10-4-17 (WED) SGM

Time: 5-6 PM

Topic: Relationships

10-27-17 (FRI) BROWN BAG SGM

Time: 12-1 PM

Topic: Turning Point

10-6-17 (FRI) BROWN BAG SGM

Time: 12-1 PM

Topic: Addictions

10-11-17 (WED) BROWN BAG SGM

Time: 12-1 PM

Topic: The WLS Decision

10-11-17 (WED) SGM

Time: 5-6 PM

Topic: Plateaus

10-13-17 (FRI) BROWN BAG SGM

Time: 12-1 PM

Topic: Family and WLS

10-18-17 (WED) BROWN BAG SGM

Time: 12-1 PM

Topic: Vitamins and Supplements

10-18-17 (WED) SGM

Time: 5-6 PM

Topic: The Holidays

10-20-17 (FRI) BROWN BAG SGM

Time: 12-1 PM

Topic: Body Image

10-25-17 (WED) BROWN BAG SGM

Time: 12-1 PM

Topic: Healthy Eating