



**Steward Center for Weight Control Support Group**

**2023 Virtual Support Group Schedule**

Phone Number: 508-584-4104 #4

(Registration is not necessary)

\*The second Monday of the month (unless a holiday) from 6:30 pm – 7:30 pm

<b>Date</b>	<b>Month</b>	<b>Topic</b>
1/9/23	January	Goal Setting
2/13/23	February	Reading Food Labels
3/13/23	March	Physical Activity
4/10/23	April	Recipe Exchange/Meal Planning
5/08/23	May	Weight Re-gain/Hitting Plateaus
6/12/23	June	Addressing Stressors
7/10/23	July	All About Protein
8/14/23	August	Body Image/Plastic Surgery
9/11/23	September	Fad Diets
<b>10/16/23*</b> <small>(3rd Monday)</small>	October	Vitamins/Minerals
11/13/23	November	Holiday Survival Guide
12/11/23	December	Maintaining Motivation