



Support Groups 2017 for the pre- and post-operative patients.

Holy Family Hospital
Holy Family Hospital Auditorium
70 East Street
Methuen, MA 01844
(978) 687-0156 ext. 2555

Each support group will meet on the 2nd Wednesday of the month from 6-7pm.

Date	Topic
January 11	Goal Setting
February 8	Controlling your Environment
March 8	Combat Negative Thinking
April 12	Importance of Protein
May 10	Non scale victories
June 14	Well stocked kitchen and shopping list
July 12	Body Image- adjusting to the new you
August 9	Recipe exchange
September 13	Stress management
October 11	Physical Activity
November 8	Holiday Survival Guide
December 13	Mindful eating/planning

Registration is not required for these free groups.

Family members are welcome.

A Spanish translator is available.

Si usted requiere un intérprete durante el grupo de apoyo, por favor llámenos con 72 horas de anticipación. Si usted no puede ponerse en contacto con nuestra oficina antes del grupo de apoyo, no le podemos garantizar que un intérprete estará presente

Please call us 72 hours in advance of scheduled support group if you require an interpreter during the support group. If you are not able to contact our office prior to the support group, we cannot guarantee that an interpreter will be present.