

2018 SOUTHERN SURGICAL SUPPORT GROUP SCHEDULE

January ~ New Year - New You!

February ~ Exercise

March ~ Patient Pinning Ceremony

April ~ Plastic Surgery - Greenville Plastics

May ~ Vitamins - Why and what kind?

June ~ Psychologist ~ Carolina Clinic / Dr. Albrecht

July ~ Hidden Calories and Fats

August ~ Grocery Store – Top 10 staple items per stage

September ~ Walk From Obesity

October ~ Volume Control / Plateaus

November ~ Eating with success during the holidays!
Bring a canned good for donation if you can.

December ~ Making it through Christmas *Merrily!*

Support Group locations each month:

Second Monday at 6:00pm in Greenville, NC at the Southern Surgical Conference Center
***Greenville location is the only location for guest speakers.*

Third Monday at 6:00pm in New Bern, NC at the First Presbyterian Church

Fourth Monday at 7:00pm in Washington, NC at the Vidant Wellness Center

You can contact Laura Smith at 252-295-9898 with any questions.