



Parkview Support Group 2020 Topics

January 8	Re-setting in the New Year
February 12	Emotional Eating
March 11	Relationships & WLS
April 8	Stress & Self Sabotage – On Zoom
May 13	There's Psychology in Your Food
June 10	Developing a Voice (Boundaries)
July 8	Breaking Through Plateaus
August 12	Creating New Habits
September 9	What is WLS Success?
October 14	The Meaning of Support
November 11	Holiday Eating
December 9	Open/Review/Party (Party might be postponed)

Support Group is being held on Zoom during the COVID-19 restrictions on group meetings.

This is the recurrent log in code:

<https://us02web.zoom.us/j/83603695558>

Steve Reyes, EdD

2nd Wednesday of each Month
6:30 PM-7:40 PM