

**The Weight Management Center**  
**Weight Loss Surgery Support Group: 2019**  
**Winston Salem & Greensboro**



Please join us for support group meetings held at both of our Weight Management Center locations facilitated by Dana Brown, PhD. Meetings will be held from **6-7:30 p.m, at locations listed below**. Support group provides an opportunity to share successes and challenges, receive encouragement, and learn from others who have had similar experiences. Groups are open discussion with every other month focusing on a special topic related to weight management.

Support group meetings are intended for all pre- and post-op patients of our program and their support people. You are welcome to attend either or both monthly meetings.

**Support Group Dates**

<b>Greensboro</b> <b>3903 N Elm Street</b> <b>Weight Mgmt Ctr Classroom</b>	<b>Winston-Salem</b> <b>4610 Country Club Road</b> <b>Diabetes Classroom – 1<sup>st</sup> Floor</b>
<b>January 8<sup>th</sup></b>	<b>January 14<sup>th</sup></b> (4614 Country Club, Weight Mgmt Ctr Classroom)
<b>February 5<sup>th</sup></b>	<b>February 18<sup>th</sup></b>
<b>March 5<sup>th</sup></b>	<b>March 18<sup>th</sup></b>
<b>April 2<sup>nd</sup></b>	<b>April 15<sup>th</sup></b>
<b>May 7<sup>th</sup></b>	<b>May 20<sup>th</sup></b>
<b>June 4<sup>th</sup></b>	<b>June 17<sup>th</sup></b>
<b>July 9<sup>th</sup></b>	<b>July 15<sup>th</sup></b>
<b>August 6<sup>th</sup></b>	<b>August 19<sup>th</sup></b>
<b>September 10<sup>th</sup></b>	<b>September 16<sup>th</sup></b>
<b>October 8<sup>th</sup></b>	<b>October 21<sup>st</sup></b>
<b>November 12<sup>th</sup></b>	<b>November 18<sup>th</sup></b>
<b>December 3<sup>rd</sup></b>	<b>December 16<sup>th</sup></b>

**Online Closed Support Group Facebook Page**

(only for surgical patients of the Wake Forest Baptist Health Weight Management Center):

**Healthy Me with the WMC**

You must *request* to be added to this page, we do not have the ability to invite you. If your Facebook “name” is different from your actual name, please let your RD know so that we can accept you in the group.