

SGM-DECEMBER-2017

12-1-17 (FRI) BROWN BAG SGM

Time: 12-1 PM

Topic: Friends, Family and WLS

12-6-17 (WED) BROWN BAG SGM

Time: 12-1 PM

Topic: Achieve a goal-reward
YOURSELF!

12-6-17 (WED) SGM

Time: 5-6 PM

Topic: Exercise is fun!

12-8-17 (FRI) SGM

Time: 12-1 PM

Topic: Maintaining Weight Loss

12-13-17 (WED) BROWN BAG SGM

Time: 12-1 PM

Topic: Reactions to the "New You"

12-13-17 (WED) BROWN BAG SGM

Time: 5-6 PM

Topic: Surviving Holiday Eating

12-15-17 (FRI) SGM

Time: 12-1 PM

Topic: Looking for potential...not flaws

12-20-17 (WED) BROWN BAG SGM

Time: 12-1 PM

Topic: Winter Workouts

12-20-17 (WED) SGM

Time: 5-6 PM

Topic: Addictions

12-22-17 (FRI) CHRISTMAS POTLUCK

Time: 12-1 PM

Topic: No topic! Feel free to bring a
HEALTHY HOLIDAY DISH TO
SHARE! BRING RECIPES

12-29-17 (FRI) SGM

Time: 12-1 PM

Topic: My New Year's Resolution