Use the Zoom ID and Passcode for each day.

Psychology and Nutrition are combined in one-hour group sessions, each with a topic.

**Wednesday sessions:**
ID: 845 8483 1097  
Passcode: 595313  

**Tuesday sessions:**
ID: 811 7564 5583  
Passcode: 789981  

**Thursday sessions:**
ID: 895 5163 6277  
Passcode: 002580  

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Topics</th>
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| Aug. 5  | Wed.| 11am  | A Calorie is a Calorie?  
Curbing After Dinner Cravings  
Body Image Issues  
Curbing After Dinner Cravings  
Living with WLS  
Curbing After Dinner Cravings |
| Aug. 18 | Tues.| 6:30pm |                                                                 |
| Aug. 27 | Thurs.| 6pm   |                                                                 |
| Sept. 2 | Wed.| 11am  | Changes in Relationships  
Plan Your Success  
Addiction Issues  
Plan Your Success  
Emotional vs. Mindful Eating  
Plan Your Success |
| Sept. 15 | Tues.| 6:30pm |                                                                 |
| Sept. 24 | Thurs.| 6pm  |                                                                 |
| Oct. 7 | Wed.| 11am  | Planning and Food  
Mindful Eating  
Guest Speaker  
Mindful Eating  
Self Care  
Mindful Eating |
| Oct. 20 | Tues.| 6:30pm |                                                                 |
| Oct. 29 | Thurs.| 6pm  |                                                                 |
| Nov. 4  | Wed.| 11am  | Hunger  
5 Ingredient Meals  
Strategies: Learn and Use Em!  
5 Ingredient Meals |
| Nov. 17 | Tues.| 6:30pm |                                                                 |
| Dec. 2  | Wed.| 11am  | Navigating the Holidays  
Replace Refined Carbs and Sugar |
| Dec. 17 | Thurs.| 6pm | Celebrating WLS Style  
Replace Refined Carbs and Sugar |
| Jan. 6  | Wed.| 11am  | Setting Realistic Goals  
Mason Jar Meals |
| Jan. 19 | Tues.| 6:30pm | Lifestyle Forever  
Mason Jar Meals |
| Jan. 28 | Thurs.| 6pm  | Food Addiction Issues  
Mason Jar Meals |