

# **FRESH START**

## **Support Group**

**September 2025 – February 2026**



### How to join Microsoft TEAMS

1. Download TEAMS APP and enter meeting ID and Passcode
2. OR from your PC, tablet or laptop you can search "Join a Teams meeting"
3. Select "Join a Microsoft Teams Meeting by ID"
4. Enter the meeting ID and passcode and select "Join a meeting" tab

Teams Meeting ID: 251 337 829 637  
Passcode: gB3uFH

### September 2025

**Monday September 15 - (7:00 pm):** Setting goals

**Monday September 22 - (5:30 pm):** Back to routines: meal planning for busy days

### October 2025

**Monday October 20 - (7:00 pm):** What are you really hungry for?

**Monday October 27 - (5:30 pm):** Spotting sugar and starches in packaged foods

### November 2025

**Monday November 17 - (7:00 pm):** Lifestyle planning for the season

**Monday November 24 - (5:30 pm):** Prepping for temptations during the holidays

### December 2025

**Monday December 15 - (7:00 pm):** Celebrating You!

**Monday December 22 - (5:30 pm):** Low-carb substitutions for traditional holiday dishes

### January 2026

**Monday January 26 - (5:30 pm):** Reflecting on what worked this past year

### February 2026

**Monday February 16 - (7:00 pm):** Progress, not perfection

**Monday February 23 - (5:30 pm):** Prioritizing protein when appetite is low