

FRESH START

Support Group

March 2026 – August 2026

Why join our online support group?

- ✓ Support matters at every stage
- ✓ Join from anywhere
- ✓ Stay accountable & motivated
- ✓ Private, supportive environment led by professionals
- ✓ Education & peer discussion

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: 211 635 115 094 90

Passcode: Hb9b2Ao2

Who can join: Southcoast Health medical weight management patients

When: Fourth Monday of the month

Time: 6:00 pm

Where: Live on Microsoft Teams

March 23

Gut health and fiber on a GLP-1

April 27

Adjusting macros to meet your goals

May 25 – HOLIDAY - No meeting

June 22

Preventing muscle loss while losing weight

July 27

Convenient low carb swap ideas

August 24

Which routines survive summer and which do not?

