

FRESH START

Support Group

September 2026 – February 2027

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

Who can join: Southcoast Health medical weight management patients

When: Fourth Monday of the month

Time: 6:00 pm

Where: Live on Microsoft Teams

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

The Healthy Habits Series

September 28

Your body likes rhythm

October 26

Your body likes protein

November 23

Your body likes fiber

December 28

Your body likes movement

January 25

Your body likes sleep and recovery

February 22

Your body likes nourishment

