

# FRESH START

## Support Group

March 2024 – August 2024



### 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

### March 2024

- Thursday March 7** (12 pm) Daily habits for success  
**Monday March 18** (7 pm) Goal setting  
**Monday March 25** (5:30 pm) Meal prep tips and tricks

### April 2024

- Thursday April 4** (12 pm) Eating fresh and local with CSA and Farmers Markets  
**Monday April 15** (7 pm) Coping skills  
**Monday April 22** (5:30 pm) Why is protein so important and are you getting enough?

### May 2024

- Thursday May 2** (12 pm) Eating Low Carb on a budget  
**Monday May 20** (7 pm) Using the summer season

### June 2024

- Thursday June 6** (12 pm) Tips to break through a weight loss plateau  
**Monday June 17** (7 pm) What is a healthy lifestyle?  
**Monday June 24** (5:30 pm) Convenience foods that can fit in your nutrition plan

### July 2024

- Monday July 15** (7 pm) Emotional eating  
**Monday July 22** (5:30 pm) Whole foods vs. processed foods

### August 2024

- Thursday August 1** (12 pm) Measuring success without the scale  
**Monday August 19** (7 pm) Changing your mindset = get curious  
**Monday August 26** (5:30 pm) Is mindless snacking slowing down your progress?