



Support Group Dates

September 2025 to May 2026

Day: **Second Thursday of each month** | Time: **4 - 5 p.m.** | Location: **Virtual**

| Date | Topic | Presenter |
|--------------------|--|--------------------------|
| September 11, 2025 | GLP-1 Medications These help your body make a protein that can raise your insulin level and make you less hungry. An example is semaglutide. | Dr. Azam |
| October 9, 2025 | Weight Loss in Menopause Menopause is the point in life when menstrual periods stop. Healthy eating is an important part of menopause self-care. | Dr. Azam |
| November 13, 2025 | Holiday Eating Tips Discover simple tricks on how to enjoy holiday foods without overdoing it. | Jennifer Hutsler, CRNP |
| December 11, 2025 | Food: Friend or Foe Discuss the positive and negative emotional and physical impact of our food choices. | Michelle Nicholas, CRNP |
| January 8, 2026 | Strength Training and Weight Loss Building muscles can help you burn more calories. | Tara Cook, CRNP |
| February 12, 2026 | Stretching for Weight Loss Stretching helps you be flexible and makes it easier to stay active. | Michelle Nicholas, CRNP |
| March 12, 2026 | Sleep and Weight Management There are many benefits of good sleep, like helping metabolism and controlling hunger. | Tara Cook, CRNP |
| April 9, 2026 | Bariatric Surgery Myths and Facts Discuss the different types of bariatric surgery and provide factual information to guide decision making. | Chelsea Sinsheimer, PA-C |
| May 14, 2026 | Healthy Modifications for Recipes Teach how to modify and change recipes to improve the nutritional value and decrease calorie intake. | Jennifer Hutsler, CRNP |

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