

NICHOLSON CLINIC WEIGHT LOSS SUPPORT GROUP

*Hosted by Danielle Miro, Ph.D., ABPP-Rp
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We are pleased to offer a monthly virtual support group for Nicholson Clinic Pre-Op and Post-Op patients. You will learn how to effectively develop goals for weight loss and healthy living, identify problem solving techniques, understand mindfulness, learn ways to make changes for stress management and develop skills to combat emotional eating.

Whether you are just getting started on your journey to health, trying to maintain your weight loss, or struggling with weight re-gain, this group is for you!

ZOOM CALL @ 6:30-7:15 PM - Visit Nicholson Clinic Facebook Support Group for Zoom event link and details.

Tuesday, August 17th: Be SMART: Applying SMART goals to weight loss and healthy living

- Learn how to effectively develop goals to reach your healthy lifestyle goals in physical activity, nutrition, and more
- Examine various aspects of your health and create SMART goals to help identify small steps and plans to achieve your goals

Tuesday, September 21st: Problem Solving

- Identify your “problem-solving” style and learn the skills to increase problem solving
- Learn ways to effectively navigate or solve challenges or barriers that get in the way of healthy lifestyle

Tuesday, October 19th: Mindfulness Matters

- Understand how “mindlessness” can get in the way of healthy lifestyle
- Learn basic skills to eat mindfully and increase awareness and attention to physical cues such as fullness

Tuesday, November 16th: Stress Management

- Discover the effects of stress on physical, emotional, and social health
- Identify stressors in your life and how it impacts your health and weight
- Learn small ways to make big changes with stress management

Tuesday, December 14th: Managing Mood Without Food

- Learn about emotional eating and triggers or cues that lead people to emotionally eat
- Develop basic skills of how to respond alternatively to emotions in balanced and enjoyable ways