

# New Beginnings

## Support Group

Considering weight loss surgery or need help maintaining a healthy lifestyle following your weight loss surgery? Dixie Regional Medical Center and the Southwest Surgical Weightloss Center are proud to provide a FREE support group for individuals just like you. Get advice from our professionals and useful solutions to the common concerns of your peers.

### 2012 New Beginnings Support Group Schedule:

- January 5 Interpersonal relationships
- February 2 Developing positive behaviors
- March 1 Strength & flexibility activities
- April 5 Dress for success transforming your body image
- May 3 Wellness after weight loss surgery
- June 7 Plastic surgery after weight loss
- July 5 Grilling, recipes & food tasting
- August 2 Happy & healthy mentally
- September 6 Self esteem building
- October 4 Activity for the rest of your life
- November 1 Healthy holiday celebrations
- December 6 Yoga for strength, mentally & physically

**6:30 to 8:30 p.m.**

Dixie Regional Health & Performance Center  
652 South Medical Center Drive, St. George

For more information please contact  
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