

# FRESH START Support Group September 2024 – February 2025



## 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

## September 2024

**Thursday September 12** (12 pm): Meeting daily protein requirements

**Monday September 16** (7 pm): Putting yourself first

**Monday September 23** (5:30 pm): Managing common side effects of GLP-1 medications with Dr. Michelle Mckenney

## October 2024

**Thursday October 10** (12 pm): Tricks or Treats (what to look out for)

**Monday October 21** (7 pm): Change of season goal setting

**Monday October 28** (5:30 pm): Exercise - Dr. Jessica Inwood

## November 2024

**Thursday November 14** (12 pm): Surviving the holidays

**Monday November 18** (7 pm): Q&A with Dr. Jacquelyn Cotton

**Monday November 25** (5:30 pm): Improving Gut Health

## December 2024

**Thursday December 12** (12 pm): Maintaining routine

**Monday December 16** (7 pm): Cravings vs. Addiction

**Monday December 23** (5:30 pm): Is this really a plateau?

## January 2025

**Monday January 9** (12 pm): Increasing Fiber

**Monday January 27** (5:30 pm): Love your liquids

## February 2025

**Thursday February 13** (12 pm): Understanding the food label

**Monday February 17** (7 pm): Self Compassion

**Monday February 24** (5:30 pm): Eating seasonally