

Join Us for a Virtual Weight Loss Support Group



Losing weight and keeping it off is difficult to accomplish alone. Join experts from the Winchester Hospital Weight Management Program for a virtual support group to learn strategies for successful weight loss and maintenance. Sessions are held monthly and are presented live on Google Meet.

Topics include:

Wednesday, Aug. 19, 2020
Medications for Weight Loss after Surgery
Keren Wilson, DO

Wednesday, Sept. 16, 2020
Weight Loss Surgery and Robotic Surgery
Hany Takla, MD

Wednesday, Oct. 21, 2020
Body Contouring
Darius Ameri, MD

Wednesday, Nov. 18, 2020
Meal Prep and Planning
Carolyn Boyd, RD

Wednesday, Dec. 16, 2020
Holiday Eating
Gordana Bosnic, RD

Virtual support groups run from 5 - 6 p.m. on the date listed. Registration is not required.

To join a session via Google Meet, visit <https://meet.google.com/scx-jhvu-weh>

For more information or assistance with joining a session, call 781-396-6221, option 4 or email winchesterbariatricstelehealth@lahey.org.