

**THE WEIGHT LOSS CENTER OF CHATTANOOGA
SUPPORT GROUP MEETINGS 2025**

PHONE 423-362-5673

**3RD THURSDAY OF EACH MONTH AT 5:30PM
BY ZOOM**

DATE	TOPIC
2/20/25	Self-Sabotage
3/20/25	“4 Pillars”
4/17/2025	Will-Power
5/15/25	Emotions
6/19/25	Eating Right
7/17/25	Assertiveness
8/21/25	Image
9/18/25	Happiness
10/16/25	Stress
11/20/25	Anger
12/18/25	Success

Leader - Graham Brannan, LCSW