

Weight Loss Center of Chattanooga

Support Group Meetings 2026

Phone: 423-362-5673

The Support Group Meetings will be conducted on Google Meet the **3rd Thursday of each month at 5:30 pm.** Meeting dates and topics are below.

Date	Topic
01/15	Thoughts on Eating
02/19	Self-Discipline
03/19	Living in the Present
04/16	Self Acceptance
05/21	The "Right" Way to Eat
06/18	Do It Now
07/16	ABC's of Thinking
08/30	Saying No
09/17	Make the Hard Decision
10/15	Managing Anxiety
11/19	Self Control