

# Weight Management Support Group



**WEIGHT MANAGEMENT SUPPORT GROUP** is a support group that meets every Tuesday, in the McWilliams Conference Room at NHCNE. This class is open to all active duty, beneficiaries, and DOD civilians who have the desire to improve their overall health through weight loss, maintenance, and control. The group will focus on setting small goals and providing motivation and emotional support in order to promote optimal health through healthy living. Different topics will be presented at each meeting and are also open to suggestions and requests.



**For More Information Contact:  
Or to sign up for a class please give us a call at:  
(401) 841-6777**