

November 2014

GHS Business Health

Weight Management Support Group

SUN MON TUE WED THU FRI SAT

						1
2	3	4 WMSG—6-7p - Life Center Guest:	5 Check in with LoseWell Educators: 11a-1p GMH Cafeteria	6	7	8
9	10	11	12	13	14	15
16	17	18	19 Check in with LoseWell Educators: 11a-1p Patewood Center, 2nd Floor Lobby	20	21	22
23	24	25	26	27	28	29
30						

Registration is required. To register, please contact LoseWell@ghs.org or (864) 522-3144.

December 2014

GHS Business Health

SUN MON TUE WED THU FRI SAT

	1	2 WMSG—6-7p - Life Center Guest: Dane Sim- mons, Run-In	3 Check in with LoseWell Educators: 11a-1p GMH Cafeteria	4		
7	8	9	10	11		
14	15	16	17 Check in with LoseWell Educators: 11a-1p Patewood Center, 2nd Floor Lobby	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Weight Management Support Group

December 2 – Dane Simmons of Run-In (athletic apparel and shoes) will be bringing coupons for some great holiday shopping!

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January 2015

GHS Business Health

SUN MON TUE WED THU FRI SAT

				1	2	3
4	5	6 WMSG—6-7p - Life Center Guest: Bonnie Brown, Employee Assistance Program	7 Check in with LoseWell Educators: 11a-1p GMH Cafeteria	8	9	10
11	12	13	14	15	16	17
18	19	20	21 Check in with LoseWell Educators: 11a-1p Patewood Center, 2nd Floor Lobby	22	23	24
25	26	27	28	29	30	31

Weight Management Support Group

January 6 – Join Bonnie Brown, LISW-CP, LPC, CEAP, Employee Assistance Program, for discussion about the psychology of weight loss.

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February 2015

GHS Business Health

SUN MON TUE WED THU FRI SAT

1 2 3 4 5 6 7

**WMSG—6-7p -
Life Center**

Guests: Elizabeth
Rouprich, Visually
Appealing &
Colton Tessener,
GHS

**Check in with
LoseWell
Educators:
11a-1p GMH
Cafeteria**

8 9 10 11 12 13 14

15 16 17 18 19 20 21

**Check in with
LoseWell
Educators:
11a-1p Patewood
Center, 2nd Floor
Lobby**

22 23 24 25 26 27 28

Weight Management Support Group

February 3 – For the ladies...Elizabeth Rouprich, FFS, AICI with Visually Appealing, will discuss dressing and style for your body type. **For the gentlemen...**Fitness exhibition with a personal trainer.

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