

# Support Group 2024

Month	Topic	Facilitator/Guest Speaker
March 6 @ 6:30 PM	<i>Triumphing Over Weight Plateaus and Regain</i>	Silvana Blanco, MS, RD & Brenda Hoehn, MSN, BSN, RN, CHTP
April 3 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Silvana Blanco, MS, RD & Dr. Debra Gill, Clinical Psychologist
May 1 @ 6:30 PM	<i>Meal Prep Made Simple</i>	Silvana Blanco, MS, RD & Brenda Hoehn, MSN, BSN, RN, CHTP
June 5 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Silvana Blanco, MS, RD & Dr. Debra Gill, Clinical Psychologist
July 3 @ 6:30 PM	<i>Physical Regeneration and Strength Upgrade</i>	Silvana Blanco, MS, RD & Brenda Hoehn, MSN, BSN, RN, CHTP
August 7 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Silvana Blanco, MS, RD & Dr. Debra Gill, Clinical Psychologist
September 4 @ 6:30 PM	<i>Healthy Snacks on the Go + Fall Recipes</i>	Silvana Blanco, MS, RD & Brenda Hoehn, MSN, BSN, RN, CHTP
October 2 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Silvana Blanco, MS, RD & Dr. Debra Gill, Clinical Psychologist
November 6 @ 6:30 PM	<i>Virtual Grocery Store Tour</i>	Silvana Blanco, MS, RD & ShopRite of Lodi
December 4 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Silvana Blanco, MS, RD & Dr. Debra Gill, Clinical Psychologist

## Free Virtual Support Groups are held via Zoom

For more information, please email [Silvana.Blanco@rwjbh.org](mailto:Silvana.Blanco@rwjbh.org)

### Zoom Link:

<https://rwjbh-org.zoom.us/j/9323606797?pwd=bWc2SzR5M09hTFdhWDRaWUtrMGNjQT09>

Meeting ID: 932 360 6797

Passcode: 1234

*ALL ARE WELCOMED!*

