

Support Group 2019

Month	Topic	Facilitator/Guest Speaker
January 7, 2019	Zumba Class	Zumba Instructor; Susan Dayeh Registered Dietitians Kristin, Silvana, & Alina
February 4, 2019	Psychologist Lead Support Group	Silvana Blanco, RD & Debra Gill, MD (Clinical Psychologist)
March 4, 2019	Meditation and Stress Relief	Registered Dietitians Kristin, Silvana, & Alina
April 1, 2019	Psychologist Lead Support Group	Kristin Carlino, RD & Debra Gill, MD (Clinical Psychologist)
May 6, 2019	Easy Organic Farm-to-Table	Coeur et Sol Urban Farm Registered Dietitians Kristin, Silvana, & Alina
June 3, 2019	Psychologist Lead Support Group	Alina De Almeida, RD & Debra Gill, MD (Clinical Psychologist)
July 1, 2019	Zumba Class	Zumba Instructor; Susan Dayeh Registered Dietitians Kristin, Silvana, & Alina
August 5, 2019	Psychologist Lead Support Group	Silvana Blanco, RD & Debra Gill, MD (Clinical Psychologist)
September 9, 2019	Plastic Surgery after Weight Loss	Registered Dietitians Kristin, Silvana, & Alina Dr. Sanjay Lalla, MD Board Certified Plastic Surgeon
October 7, 2019	Psychologist Lead Support Group	Kristin Carlino, RD & Debra Gill, MD (Clinical Psychologist)
November 4, 2019	Nutrition Myths	Registered Dietitians Kristin, Silvana, & Alina
December 2, 2019	Psychologist Lead Support Group	Alina De Almeida, RD & Debra Gill, MD (Clinical Psychologist)
<p>Support Group is held at 7:00pm in Learning Center of the CC Building at Clara Maass Medical Center. <i>One Clara Maass Drive, Belleville NJ 07109- Free Parking in the Deck.</i> For more information, please call 973.450.2393</p>		

