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## **Weight Management Coping Skills Group (4th Monday)**

Date and Time

Monthly on the fourth Monday at 4:30pm for 4 times

Event Region

Richmond Area

Event Type

Support group

RSVP Info

804-764-1000

Event Cost

\$0.00

Event Description

If you are interested in improving your health with support from others making similar efforts, this group is for you! It is designed for adults with a history of unsuccessful weight loss efforts who are looking for helpful tips to approach weight and health in a balanced and supportive way. Dr. Rebekah Forman, licensed clinical psychologist, will lead the group with topics including: How to develop and maintain motivation Emotional eating and stress management Exercise and pain Family and relationship support Healthy goal setting The group meets the second and fourth Mondays of the month and new members are welcome at each session.