



Hackensack Meridian
Mountainside Medical Center

Support Group Schedule 2025

Date	Topic	Location	Time
January (1/28/25)	Staying Hydrated	3 rd Floor Nutrition Conference room	6:00-7:00pm
February (2/25/25)	Mindset Matters!	3 rd Floor Nutrition Conference room	6:00-7:00pm
March (3/25/25)	Smart Snacking	3 rd Floor Nutrition Conference room	6:00-7:00pm
April (4/29/25)	Non-Scale Victories	3 rd Floor Nutrition Conference room	6:00-7:00pm
May (5/27/25)	Stress Management	3 rd Floor Nutrition Conference room	6:00-7:00pm
June (6/24/25)	Vitamins and Minerals	3 rd Floor Nutrition Conference room	6:00-7:00pm
July (07/29/25)	Quick & Easy Meals	3 rd Floor Nutrition Conference room	6:00-7:00pm
August (08/26/25)	Vacations Tips	3 rd Floor Nutrition Conference room	6:00-7:00pm
September (09/30/25)	Preventing Constipation	3 rd Floor Nutrition Conference room	6:00-7:00pm
October (10/28/25)	Tackling Weight Regain	3 rd Floor Nutrition Conference room	6:00-7:00pm
November (11/25/25)	Holiday Eating Survival Tips	3 rd Floor Nutrition Conference room	6:00-7:00pm
December (12/16/25)	New Year Goals	3 rd Floor Nutrition Conference room	6:00-7:00pm