

# Weight Management Support Group:

1	<p><b><i>Goal Setting</i></b></p> <p>How to make small sustainable habits that will get you to your goal.</p> <p><b>8th April</b></p>
2	<p><b><i>Energy Balance &amp; Portion Control</i></b></p> <p>An interactive session looking at the basics of weight loss and how to manage portion sizes.</p> <p><b>15th April</b></p>
3	<p><b><i>Calorie Tracking</i></b></p> <p>A tool some people use to lose weight is tracking calories. This session will provide you with all the knowledge needed to do this.</p> <p><b>22nd April</b></p>
4	<p><b><i>Sugar &amp; Snacks</i></b></p> <p>Looking at the sugar content in popular snacks and healthier alternatives.</p> <p><b>29th April</b></p>
5	<p><b><i>Protein &amp; Fat Loss</i></b></p> <p>How protein and resistance training can help you lose weight.</p> <p><b>13th of May</b></p>
6	<p><b><i>Fats &amp; Fat Loss</i></b></p> <p>Are there good fats and bad fats? The truth about dietary fat and weight loss.</p> <p><b>20th of May</b></p>
7	<p><b><i>Carbs &amp; Fat Loss</i></b></p> <p>The truth about carbs and weight loss.</p> <p><b>3rd June</b></p>
8	<p><b><i>Menopause &amp; Nutrition</i></b></p> <p>How diet relates to the changing physiology and body composition associated with the perimenopause &amp; menopause.</p> <p><b>10th June</b></p>
9	<p><b><i>Shift Work &amp; Nutrition</i></b></p> <p>Maximising health and weight loss goals for shift workers</p> <p><b>17th June</b></p>
10	<p><b><i>Moving Forwards</i></b></p> <p>Looking at the past 12-weeks and how to maintain this lifestyle change.</p> <p><b>24th June</b></p>

