

# Support Resources

**At Grand Health Partners we understand that 'life' happens. We believe it is very important to equip our patients with all the necessary tools to overcome the obstacles that may occur during their weight loss journeys.**

<b>In-Person Support Group</b> (no cost)	Monday – 5:00PM
<b>Virtual Support Group</b> (no cost)	Monday – 7:00PM (Emotional Eating) Thursday – 11:00AM Email <a href="mailto:hwilson@grandhealthpartners.com">hwilson@grandhealthpartners.com</a> to sign up for links
<b>Food Freedom Coaching</b> (available for a fee)	Individual, short-term, weekly coaching sessions with the goal of improving your relationship with food. Some insurance plans provide coverage.  Contact Kate Thornton ( <a href="mailto:kthornton@grandhealthpartners.com">kthornton@grandhealthpartners.com</a> ) for additional information
<b>Medical Weight Loss Program</b> (available for a reduced fee)	Surgical patients seeking additional support and education are able to join the Medical Weight Loss Program with a reduced joining fee.  The program involves weekly education classes and weekly check-ins.  Contact Tanya Manley ( <a href="mailto:tmanley@grandhealthpartners.com">tmanley@grandhealthpartners.com</a> ) for additional information

