

This is your NOW

Welcome!

We are excited to have our 2020 Support group start in February. Our focus for this meeting will be on **Self-Love**: regard for one's own well-being and happiness.

- How is the journey going to reconnect back to yourself?
- What are you doing to connect with yourself?
- What are you doing to create healthy boundaries to protect your well-being and happiness?

Presenter

Danyell Walker, RN

Weight Loss and Bariatric Care Manager
*14 years of experience as a bariatric patient

Support groups are from 5:30 pm - 7 pm.

Please register at
evergreenhealth.com/bariatric-surgery-support-group
or call the Healthline at 425.899.3000,
Mon-Fri, 7am-7pm.

14 Suggestions for Intentional Connections with Self and Others

Cover your bathroom mirror
in sticky notes with things
you love about you

Give 3 people a compliment today
and make it genuine

Listen to your favorite music
all day

Take yourself out to lunch or
make something special to eat

Wear your favorite outfit,
whatever makes you feel
beautiful

Smile all day and put a positive
spin on not-so-great situations

Drink a little more water today -
hydrate to feel great

Make homemade valentines to
give to your loved ones

Wake up a little earlier and start a
new peaceful morning routine

Find a quiet place and read part
of your favorite book

Watch some funny YouTube
videos during lunch

Text someone you love and
remind them why you love them

Celebrate 'Galen-tines Day' and
share the day with your favorite
ladies

Treat yourself to your favorite
chocolate or cute new outfit

Find more tips at IdealShape.com