

Rethink, ReLEARN

Lifestyles • Exercise • Attitudes • Relationships • Nutrition

Join CHI St. Joseph's Health Weight Management Center's **ReLEARN** support group if you struggle to maintain healthy lifestyle changes. Start any time. This group is intended for those who have been LEARN participants or have had weight-loss surgery. There is a \$50 fee due prior to your group start date. You will be billed separately for group counseling.



Weight Management Center

Our Values

Reverence • Integrity • Compassion • Excellence

218.237.5757

600 Pleasant Ave., Park Rapids, MN 56470

www.WeightManagement.com



ReLEARN



For LEARN
participants
& those who
have had
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ReLEARN

ReLEARN is a support group program with a focus on the “stresses” that support your ongoing success or contribute to relapse or decline. Take the time to meet with others like you as a way to rethink, recharge, and support one another.

Facilitated by a Clinical Social Worker, with experience in Group Psychotherapy, as well as an Exercise Physiologist, **ReLEARN** discussions empower participants to set and achieve individual goals and overcome barriers to success.

ReLEARN Group Meetings

Held every week

Location: CHI St. Joseph's Health



Materials Used

Methods utilized in ReLEARN program come from “*Mind and Emotions: A Universal Treatment for Emotional Disorders*,” by Matthew McKay, PhD, Patrick Fanning, and Patricia Zurita Ona, PsyD.



ReLEARN Facilitators

Dawn Pappas, MSW, LICSW



Brett Fredrickson, EP
CHI St. Joseph's Health



How to join ReLEARN

Please call 218.237.5757 to sign up or learn more about CHI St. Joseph's Health Weight Management Center's **ReLEARN** group program.