

Success Habits



“SUCCESS HABITS OF WEIGHT LOSS PATIENTS”

“NEW BEGINNINGS WORKSHOP”

The “Success Habits/New Beginnings” class will teach you the important key lifetime principles that you will need to ensure your successful weight loss after surgery.

This class will reveal the key habits of successful weight loss surgery patient’s, provide you with ongoing encouragement and support and keep you motivated to stay on track throughout your post-op surgery journey!

Participation includes: “Success Habits of Weight Loss Surgery” Book (option to purchase the “Success Habits of Weight Loss Surgery Book and Workbook”), Handouts and Assignments.

In addition, you can register to receive your own customized weekly weight loss progress chart, tracker and photograph!

Classes can be found on the web or at one of our convenient Nassau and Suffolk locations!

For more information and to register for our next “Success Habits/New Beginnings” class – call Jean Marie Rafferty, LCSW-R at (631) 291-1900 or find out more information at

www.JeanMarieRafferty.com.