

# Weight Management Support Group Meeting Reminder

Dear [Recipient's Name],

This is a friendly reminder about our upcoming Weight Management Support Group meeting:

- **Date:** [Date]
- **Time:** [Time]
- **Location:** [Location]

We will be discussing:

- Strategies for staying motivated
- Sharing personal experiences
- Setting achievable goals

Bring your positive energy and any materials you would like to share with the group!

Looking forward to seeing you there!

Best regards,

[Your Name]

[Your Contact Information]