

**Wednesday, June 2**

- Weight Loss Support Group Benton - 12:00pm

**Tuesday, June 8**

- Prenatal Class - 7:00pm

**Wednesday, June 9**

- Weight Loss Support Group Benton - 12:00pm
- Weight Loss Support Group El Dorado - 12:00pm

**Tuesday, June 15**

- Weight Loss Support Group Benton - 5:30pm

**Wednesday, June 16**

- Weight Loss Support Group Benton - 12:00pm
- Weight Loss Support Group Russellville - 12:00pm

**Wednesday, June 23**

- Weight Loss Support Group Benton - 12:00pm

**Wednesday, June 30**

- Weight Loss Support Group Benton - 12:00pm

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**Weight Loss Support Group Benton**

**Time:** 12:00pm

Losing weight is not easy. That's why we offer free local weight loss support groups to anyone looking to lose weight. This is a judgment free zone where we are all working towards the same goal: living a long and healthy life. We encourage you to join us for any of our support groups, you'll be glad you did!

Drop ins welcome, completely free to the public!

**For more information, call our Bariatric Office at (501) 574-7171.**

**Prenatal Class**

**Time:** 7:00pm

The Saline Memorial Hospital Labor and Delivery Department offers free prenatal classes for patients delivering at SMH.

The Prenatal Class discusses what to expect during pregnancy, delivery and breastfeeding. Participants will discuss what to bring to the hospital and transitioning after delivery. Parents will also be given a tour of the SMH Labor and Delivery Department. Classes are held the second Tuesday of the month from 7pm - 9pm in Classroom 1 of the Health Education Building. For more information or to register, call 776-6300.

**Weight Loss Support Group El Dorado**

**Time:** 12:00pm

Losing weight is not easy. That's why we offer free local weight loss support groups to anyone looking to lose weight. This is a judgment free zone where we are all working towards the same goal: living a long and healthy life. We encourage you to join us for any of our support groups, you'll be glad you did!

Drop ins welcome, completely free to the public!

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### **Weight Loss Support Group Russellville**

**Time:** 12:00pm

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