



# Support Groups



## **BETTER BREATHERS**

Susan Overton, RRT, may be contacted at 252-522-7389.

## **DEMENTIA SUPPORT GROUP**

Facilitator: Sue Shivar, 252-526-7242.

This group meets monthly on the 1st Tuesdays from 6 pm -7pm in the Neuse Room (enter through the Wellness Center entrance). This group is for family members, friends, and caregivers of individuals with Alzheimer's or dementia.

## **DIABETES SUPPORT GROUP**

Facilitator Beulah Moore @ 252-523-1593. Meetings are held the 3rd Thursday of each month in the Neuse Room located on the lower level at UNC Lenoir Health Care (enter at Wellness Center entrance) from 2:00pm - 3:00pm. Notices are sent and beverages are served.

## **LADIES CANCER SUPPORT GROUP**

Facilitators: Donna Potter and Megan Evans @ 252-522-7600

The group meets at 6:00pm on the 2nd Thursday of every other month at the UNC Lenoir Cancer Center on Doctors Drive. Call for specific meeting date.

## **LENOIR COUNTY GRIEF & LOSS**

Facilitator - Cierra Jorden, MSW @ 252-291-4400 ext. 1308 or 252-289-0756 For more information. Meets the 1st Tuesday of each month at 10am in the Neuse Room at UNC Lenoir Health Care (enter through Wellness Center entrance). This support group is for individuals who are suffering a loss of any kind.

## **LYME DISEASE SUPPORT**

Stephanie Tyndall may be contacted at sdyndall@yahoo.com for more information.

## **MEN'S PROSTATE HEALTH**

Facilitator: Linston Cox @ 252-523-5368 and assistant facilitator Thomas Mays @ 201-424-2642. Meetings are held 6:30 pm – 7:30 pm on the 3rd Tuesday of each month at UNC Lenoir Health Care in the Neuse Room (enter through Wellness Center entrance). Refreshments served.

## **OSTOMY SUPPORT GROUP**

Facilitator, Claire Eloshway, for information regarding meetings call @ 252-522-7000 and have operator page Claire.

## **PARKINSON'S SUPPORT GROUP**

Facilitator - Judy Heath @ 252-523-6296. Meetings are held 3rd Wednesday of each month from 2:00pm – 3:30pm. in the Neuse Room (enter through Wellness Center entrance) at UNC Lenoir Health Care.

## **SURGICAL WEIGHT LOSS MANAGEMENT SUPPORT GROUP**

This group meets monthly for individuals who have had weight loss surgery, or are in the process of pursuing weight loss surgery. The focus is on challenges related to weight loss, dietary education and more. Contact Megan Daniels at 252-522-7712 or go to our face book page at [www.facebook.com/unclenoirweightlossmanagement](http://www.facebook.com/unclenoirweightlossmanagement) for a schedule of dates and times.

## **T.O.P.S. (TAKE OFF POUNDS SENSIBLY)**

Facilitator Cheryl Clark 252-523-1255 for Wednesday morning meetings, held 9am-10:30am in the Neuse Room, (enter through Wellness Center entrance) at UNC Lenoir Health Care. Facilitator Wayne Seymour 252-569-1681 for Monday night meeting, held 7pm-8pm in the UNC Lenoir Health Care auditorium (located on the lower level). Nominal fee to join TOPS.