



*Change your mind and keep the change*

## Weight Loss In Action Support Group FAQ

JULY 2025

**Below is a list of questions people often ask before starting this group.**

**What is the cost?** Same price as a cup pf coffee a week = \$7. The aim is to make is really affordable and achievable.

How do I pay? You can pay cash for the first couple of times if you like. This option gives you an opportunity to check the meeting out and see if it is the right fit for you. Then payment method is automatic payment.

**Can I stop coming at any time?** Yes absolutely. You can stop coming to meetings any time you choose. You are completely in charge of this.

**Will you be giving us a particular diet to follow?** No, you need to take the nutrition path that is right for you. As a Brain Health Coach, I will provide you with information on foods that are healthy for your brain and body. And we can discuss some good books and resources.

**My real problem is eating emotionally. Will the support sessions help me with this?** Totally. Many people have challenges with this, including me. We will practice emotional regulation strategies to help you build a toolbox for challenging triggers and situations.

**Is the person running this group qualified to do so?** Yes, you are in good hands here. As well as having a nutrition degree, I have Brain Health training, emotional regulation skills and extensive experience in groups. And I'm walking beside you in my own weight loss journey.



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### **What is the structure of the support groups.**

- If you like, you can do a weigh in each week.
- The group will start each week with a mindfulness or emotional regulation technique.
- We will then do a round of intros, and discuss a strategy you have implemented over the week.
- There will be a space for discussing any specific challenges.
- Then, if time, there will be some brain health education.
- We will end each session discussing the tiny habit that each person is going to implement over the week, in order to build neural pathways to success.

If you get the health  
of your brain right,  
everything else  
will fall into place.



Dr Daniel Amen