

Weight Loss Support Groups

Weight Watchers: www.weightwatchers.com/index.aspx

Overeaters Anonymous – Wilmington, NC

Monday	7:30 PM	Oleander Oaks 5725 Oleander Dr. #F1-1
Wednesday	5:45 PM	Oleander Oaks 5725 Oleander Dr. #F1-1
Saturday	9:30 AM	Church of the Servant 4925 Oriole Dr.

Groups in other cities and states can be found at: www.aa.org/index.htm

TOPS (Take Off Pounds Sensibly) – southeastern NC/northeastern SC region

Groups in other cities and states can be found at: www.tops.org

Monday	9:00 AM	Onslow County Complex 4024 Richlands Hwy Craft Room Jacksonville, NC
	9:45 AM	Sharon United Methodist 2030 SW Holden Beach Fellowship Hall Supply, NC
	5:30 PM	Columbus County Hospital 500 Jefferson St. Educ. Rooms A&B Whiteville, NC
	6:00 PM	University Place 932 N. MacMillan Ave. Wilmington, NC
	6:00 PM	Kure Beach Comm. Ctr. 110 N. 3 rd Ave. Kure Beach, NC
	6:00 PM	Murrells Inlet Church 608 Gibson Ave. Fellowship Hall Murrells Inlet, SC
	6:30 PM	Loris Health & Fitness 3201 Casey St. Conference Room Loris, SC
Tuesday	9:15 AM	Windemere Presbyterian 104 Windemere Rd. Wilmington, NC
	5:30 PM	Oak Island Rec Center 3003 E. Oak Island Dr. Oak Island

	5:00 PM	Trinity United Methodist 301 Marine Blvd. Youth Room Jacksonville, NC
	5:15 PM	Bethlehem Methodist Church 728 Bogue Loop Rd. Fellowship Room Newport, NC
	5:30 PM	Windjammer Village Business Hwy 17 S Clubhouse Garden City, SC
	5:45 PM	Swansboro United Methodist 665 Corbett Ave. Swansboro, NC
	6:00 PM	Chadbourn Library 301 N. Wilson St. Conference Room Chadbourn, NC
	6:30 PM	Lighthouse of Bladen 215 E. Poplar St. Bladenboro, NC
Thursday	4:30 PM	St. James United Methodist 1011 Orange St. Newport, NC
	5:00 PM	Conway Senior Center 1519 Mill Pond Rd. Conway, SC
	5:30 PM	Friends of the Aging 4024 Richlands Hwy. Jacksonville, NC
	6:00 PM	Holy Lamb Lutheran Church 2541 Forestbrook Rd. Meeting Room Myrtle Beach, SC
	7:15 PM	St. Matthew's Lutheran 612 S. College Rd. Wilmington, NC
Friday	7:15 AM	Surfside Flora Clubhouse Lakeside Dr. Surfside Beach, SC
	8:00 AM	Queens Creek Methodist 324 Hubert Blvd. Fellowship Room Hubert, NC