



MOUNT CARMEL
Bariatric Center

2010 Support Group Meetings

Bariatric Surgery Support Group

If you'd like to learn from Mount Carmel medical professionals and receive emotional support from others who've shared your experience, this general support group is for you. The wide range of topics includes preventative medicine, exercise, dining out and healthy food preparation. You'll also enjoy the benefits of ongoing patient advocacy and fun extras like a recipe swap and annual fashion show. You're welcome to begin attending before your surgery and join us for a long time thereafter.

January 12 . . . Dealing With Difficult People	July 13 Food Is A Fuel Not My Friend
February 9 . . . Avoiding Mindless Eating	August 10 Chat With Choban
March 9 Exercise	September 14 . . . Relationship Changes After Weight Loss
April 13. Preventative Medicine	October 12 Dining Out
May 1 Style Show	November 9 Holiday Planning
June 8. Picnic/ Potluck/ Recipe Swap	December 14. Healthy Food Preparation

Meetings are held the second Tuesday of each month from 5:30 – 6:30 p.m. in the Mount Carmel West, Hospital Auditorium unless otherwise indicated.

Bariatric Nutrition Support Group

Facilitated by our Bariatric Dietitian, this group offers ongoing nutrition education and support for Mount Carmel patients who are post surgery. You'll enjoy open discussions about weight management techniques and advice on eating healthy at restaurants, reading food labels, healthy snacking, avoiding unhealthy grazing or snacking, and more.

Meetings are held the first Monday of the month (with the exception of holidays which are rescheduled for the second Monday of each month), from 5:30 – 6:30 p.m. in the Mount Carmel West, Hospital Auditorium. Participants must call 614-234-LIFE to pre-register.

Bariatric Emotional Support Group

This group is a place of encouragement and hope for post-surgery patients who would like some assistance coping with the emotional and social issues that can arise from having bariatric surgery.

Meetings are held the third Wednesday of the month from 5:30 – 6:30 p.m. For more information call 614-234-LIFE.

To learn more call, 614-234-2052.