



MOUNT CARMEL  
Bariatric Center

# 2009 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 childhood obesity, exercise, addiction transference and body image. 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 5 . . . . . Scrap Booking Your Weight Loss Journey	August 3 . . . . . Community Action Raising Awareness
February 2 . . . Sabotaging your Success	September 14 . . . Exercise
March 2 . . . . . Chat with Choban (MSB Auditorium)	September . . . . . Walk From Obesity (location TBD)
April 25 . . . . . Annual Fashion Show (Tuttle Mall)	October 5 . . . . . Body Image Disturbances
May 4 . . . . . Addiction Transference	November 2 . . . . . Healthy Holiday Recipe Exchange/Potluck
June 1 . . . . . Childhood Obesity	December 7 . . . . . New Year's Resolutions
July 6 . . . . . Vacation Planning	

Meetings are held the first Monday of the month, from 6:00 – 7:00 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 second Tuesday 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.**