



# 2011 Free Monthly Pre and Post Weight Loss Surgery Support Groups

Second Monday of Every Month at 6:30pm

West Houston Doctor's Center (Suite 201)  
(Adjacent to the Hospital)  
1212 Richmond Ave., Houston, TX 77082

**Monday, January 10<sup>th</sup> at 6:30pm "Closet Exchange"**... Time to Clean out the closet and get rid of some of those "Gently Used Clothing Items" that you just cannot wear anymore.. Be prepared to bring home some nice clothes for yourself and possibly a new Look for You to Start off the New Year.

**Monday, February 14<sup>th</sup> at 6:30pm Dr. Karen West (Professional Clinical Psychologist)**  
Will be speaking on the impact that significant weight loss may have on relationships. Maybe it is your spouse; maybe it is your significant other; or maybe it is someone who you are very close to personally. If you have a relationship with ANYONE.. You should be present this night. Learn how to approach your loved ones as YOUR NEW YOU.

**Monday, March 14<sup>th</sup> at 6:30pm Healthy Quick Meals "Recipe Exchange"**. Bring your favorite "Bariatric Friendly" recipes and share with us all. We can talk about what some of us have trouble eating post weight loss surgery and why. Also we can discuss how to avoid these aggravating food items and provide helpful tips. Guest Speaker: Sharon Maas R.D.,L.D. (Registered and Licensed Dietician)

**Monday, April 11<sup>th</sup> at 6:30pm "On-line Resources for Post Bariatric Surgery Patients" and "Compounding Medications and Supplement availabilities post weight loss Surgery"** Have you ever wanted to know what resources are available out on the internet for post weight loss surgery patients? On-line journaling; fast food calculators; forums and chat rooms; Medical Advice; Professional Groups and Organizations; Support Groups in your area? You would be surprised! Rebecca Peirrot will be sharing her favorite sites and maybe even browsing a few of the sites with you for the first time.. Everyone could use reference tools and the internet is the most efficient and available resource for anyone to use these days. Bring your wireless capable lap top or just come as you are and take notes. ALSO, West Chase "Compounding" Pharmacy will be presenting their resources and availabilities and how they can work with ANY medication/Supplement to make it easier to "SWALLOW". This will be a very informative evening from Virtual Resourcing to Managing Supplements.

**Monday, May 9<sup>th</sup> at 6:30pm "Emotional Factors and Making Decisions"**... Why does choosing the right behavior or healthy action or nutritious substance seem so difficult? How can we prepare to strengthen our emotions before making these decisions? A healthy lifestyle is not just an action.. It is a behavior and a thinking process. If you are struggling with making Healthy Choices in

your life, you will benefit from listening to Dr. Karen West (Professional Clinical Psychologist) speak about "EMOTIONAL FACTORS"

**Monday, June 13<sup>th</sup> at 6:30pm GET IN SHAPE AND KEEP IN SHAPE!** Stretching and Toning and exercise tips that are safe and effective for EVERY DAY... Susan Dobrolski, O.T.R (Registered Occupational Therapist) Will present a program that will meet your physical needs without causing discomfort. Fun and easy exercising tools will be your key to staying in shape. Also "Reconstructive Surgery".. Is it Right for you? Can you afford it? Will your insurance pay for it?... Is 2011 your year for a NEW YOU?

**Monday, July 11<sup>th</sup> at 6:30pm "Protein Drinks/Shakes and Supplements"** Are you getting enough Protein? Are you taking the correct supplements to meet your daily requirements? Come and Sample some Protein Drinks/Shakes and Supplements and learn about why your body may need extra vitamins and supplements post weight loss surgery. Guest Speaker: Sharon Maas R.D.,L.D. (Registered and Licensed Dietician) Also Michelle Higgins from Bariatric Advantage will Discuss Importance of Supplements post weight loss surgery.

**Monday, August 8<sup>th</sup> at 6:30pm "Realistic Expectations and Dealing with the Changed Perceptions of Others post weight loss surgery"**. Why do our friends, co-workers and loved ones look at us so differently? Are our expectations set too high? How can we prepare ourselves emotionally and mentally to handle these different perceptions while going through our weight loss journey? Tonight we will Dig Deep with Dr. Karen West (Professional Clinical Psychologist) to find out how to Deal with these Perceptions Realistically.

**Monday, September 12<sup>th</sup> at 6:30pm "Walk/Work it off".. Pre-Fall Body Fat%/Weight Loss Challenge...** Maybe you have a few pounds to lose; maybe you have inches to tone? This is a challenge and we will work with each other on this one.. Accountability is the key. Be prepared to burn off calories and your team members will hold you accountable..This is coming in perfect time before the fall festivals and feasts ☺.. We will start off the Challenge Right with a mini boot camp this evening.. The Boot Camp will be run SAFELY by Susan Dobrolski, O.T.R (Registered Occupational Therapist)

**Monday, October 10<sup>th</sup> at 6:30pm "Healthy Cooking Class"**. Bariatric and healthy friendly recipes . Anyone can attend. Living Healthy is Eating Healthy. Come join us as we hold a class to help you learn how to cook quick; simple; healthy; bariatric friendly; meals. Bring a friend and bring your appetite.. You will enjoy this fun class and go home with GREAT HEALTHY COOKING TOOLS..

**Monday, November 14<sup>th</sup> at 6:30pm "Know when to step away from the table"...** During the holidays we tend to want to graze on the HOLIDAY Goodies and eat for social events.. Where does this desire to eat come from? Learn how to "Curb the Urge" to eat too much during this season of celebrations. "What is a Healthy Mental Portion and can it be controlled?" Guest Speaker: Dr. Karen West (Professional Clinical Psychologist)

**DECEMBER WILL BE THE 2<sup>ND</sup> ANNUAL WEST HOUSTON MEDICAL CENTER BARIATRIC HOLIDAY EXTRAVAGANZA. Date and Location TO BE ANNOUNCED . "Celebrate Your Success and Change of Life"**