



PROVIDENCE
SURGICAL WEIGHT LOSS CENTER

2011 Support Groups

GASTRIC BYPASS / SLEEVE

LAP BAND

January 6	Open Discussion	January 20	Open Discussion
February 3	Open Discussion	February 17	Open Discussion
March 3	Topic: Protein	March 17	Topic: Protein
April 7	Recipe Exchange	April 21	Recipe Exchange
May 5	Guest Speaker: Kristy Donaldson, LPC Topic: Emotional Eating ** Bring your favorite bariatric dish	May 5	Guest Speaker: Kristy Donaldson, LPC Topic: Emotional Eating ** Bring your favorite bariatric dish
June 2	TBA	June 16	TBA
July 21	Guest Speaker: Jason Lewis, ACSM Gold's Gym trainer	July 21	Guest Speaker: Jason Lewis, ACSM Gold's Gym trainer
August 4	TBA	August 18	TBA
September 1	Guest Speaker: Megan Norwood, RD Registered Dietician	September 15	Guest Speaker: Cheryl Horton, RD Registered Dietician
October 6	TBA	October 20	TBA
November 3	Open Discussion	November 17	Open Discussion
December 8	Christmas/Holiday Party/Recipe Exchange **Bring your favorite bariatric dish to share	December 8	Christmas/Holiday Party/Recipe Exchange **Bring your favorite bariatric dish to share