



Bariatric Support Group

2018, 2nd Monday of the month from 5:30 – 6:30 P

Location: Bariatric Center at the Center for Health, 1200 S York Rd., Suite 1240, Elmhurst, IL
60126

Facilitator: Dr. Sarah Sarhaddi, PsyD, MS

| Date | Topic |
|---------------------|-------------------------------------|
| January 8 | Introduction to Cognitive Therapy |
| February 12 | Food Addiction |
| March 12 | Regrouping After Setbacks |
| April 9 | Stress, Distress, Eustress |
| May 14 | Weight and Intimacy |
| June 11 | Managing Emotions |
| July 9 | Mind and Body Health |
| August 13 | Compulsive Eating |
| September 10 | Binge Eating Disorder |
| October 8 | How Thoughts Impact Eating Patterns |
| November 12 | Relaxation Techniques |
| December 10 | Holiday Eating |

Register by calling the Bariatric Center at **331-221-6140**