



Bariatric Support Group

2018: 2nd Wednesday of the month

Time: **5:15 – 6:15 PM**

Location: Bariatric Center, Center for Health, 1200 S York Road, Suite 1240, Elmhurst, IL 60126

| Date | Topic | Facilitator |
|---------------------|------------------------------------------------------|--------------------|
| January 10 | Goal Setting and Preparing For Plateaus | Dr. Sarhaddi |
| February 14 | Complete Fitness | Brittany |
| March 14 | Strategies for Long-term Weight Loss/Portion Control | Aileen |
| April 11 | How To Cope With Stress | Dr. Sarhaddi |
| May 9 | Reaching Your Exercise Goals | Brittany |
| June 13 | Bariatric Supplements and Nutrients | June |
| July 11 | Body Acceptance | Dr. Sarhaddi |
| August 8 | Flexibility | Brittany |
| September 12 | Mindful Eating/Label Reading | Faith |
| October 10 | Binge Eating Disorder | Dr. Sarhaddi |
| November 14 | Chair Exercises and Back Strengthening Exercises | Brittany |
| December 12 | Coping During the Holidays and Eating Out | Faith |

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