



2009 Weight Loss Surgery Support Group Schedule

Location:

Meetings are held at Memorial Hermann –
Memorial City Hospital
921 Gessner Road – 1st floor Main Conference Room

Contact:

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1st Wednesday of the Month 7-9pm
*** Indicates Thursday Meeting**

Please note the schedule is subject to change:

- 1-07 The New Year – What is your resolution?
Write out your new years resolutions... let us hold each other accountable
- 2-04 Personal Accountability – Setting your weight loss goals
"Goal Weight", "Warning Weight"
- 3-04 Fit and Funny - Austin Davis – Personal Trainer
Did you know laughing burns calories? Up to 40 calories in 15 minutes...just for having fun.
- *4-02 Dr. Camille Cash – Board Certified Plastic Surgeon - * *Thursday*
Nip and Tuck * Thursday
- 5-06 Share your journey
How WLS change me....
SUMMER CLOTHING EXCHANGE
- 6-03 Registered Dietitian
"On the run" - How to pick nutritionally sound "fast foods"
- *7-02 Slaying your Dragons - * *Thursday*
See it for what it is.... Freedom from self-sabotage and bad habits.
- 8-05 Internal Medicine Doctor
Questions with Answers – Ask him anything
Success Stories
- 9-02 Diet Gourmet
Always on the run? Be smart have options ready.
- 10-07 Dr. Carlos Ferrari – Bariatric Surgeon
Tells us the "tricks" to have long term success after weight loss surgery?
WINTER CLOTHING EXCHANGE
- 11-04 **Strategies for Success over the Holidays**
- 12-02 **Memorial Hermann Memorial City WLS Support Group Christmas Party**
Spouses and children encouraged to join us.