



## 2019 Weight Loss Surgery Support Group Schedule

Education and peer support meetings are for everyone, whether you have had surgery or are considering surgery. These meetings are meant to provide support with lifestyle changes, and maintaining this new lifestyle to ensure long-term success

**LOCATION:**

The Davis Clinic  
10125 Katy Freeway, Suite 106  
Houston, TX 77024

**CONTACT:**

Kalyn True RD, LD, CPT  
Phone: 713-486-1765  
Kalyn.K.True@uth.tmc.edu

**Time: 6 - 7 p.m.**

3rd Tuesday of every Month (unless otherwise noted)

\*Note topics & facilitators are subject to change

| Date     | Topics   |
|----------|--|
| 1.15.19  | Back to the Nutrition Basics                             |
| 2.19.19  | Staying on Track in the New Year                         |
| 3.19.19  | Managing Cravings and Emotional Eating                   |
| 4.16.19  | Recipe Modifications and Swap                            |
| 5.21.19  | Travel Strategies  |
| 6.18.19  | Grocery Store Tour                                       |
| 7.16.19  | Supplements for the Bariatric Patient                    |
| 8.20.19  | Plastic Surgery  |
| 9.17.19  | The Most Important Meal of the day: Breakfast or Dinner? |
| 10.15.19 | Stress Management Skills and Practice                    |
| 11.19.19 | Celebrating During the Holidays                          |
| 12.4.19  | Holiday party at Memorial Hermann                        |



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**LOCATION:**

The Davis Clinic  
10125 Katy Freeway, Suite 106  
Houston, TX 77024

**CONTACT:**

Antonio Moore, Clinician  
Phone: 214.348.5557 or 713.349.9796  
Antonia.M.Moore@gmail.com  
PSY-MED, Inc.

**Time: 6 - 7 p.m.**

4th Tuesday of every Month (unless otherwise noted)

\*Note topics & facilitators are subject to change

| Date     | Topics  |
|----------|---|
| 1.22.19  | Designing your life... one behavior at a time!  |
| 2.26.19  | What to expect when you're expecting.. bariatric surgery- and top 10 issues reported by patients at 2-month post-op |
| 3.26.19  | Tips for staying on tack and staying motivated  |
| 4.23.19  | Practical skills for managing cravings and unwanted behaviors   |
| 5.28.19  | Negotiating the honeymoon period and beyond   |
| 6.25.19  | Relaxation skills for managing stress and other triggers  |
| 7.30.19  | The big five characteristics of personality and how that shapes you after surgery                                   |
| 8.27.19  | Relationships after surgery and caring for yourself   |
| 9.24.19  | What have you replaced eating with? Awareness of cross addictions   |
| 10.22.19 | Navigating pitfalls such as family, plateaus, eating out, and parties   |
| 11.26.19 | Reflections and testimonials about your bariatric journey   |
| 12.4.19  | Holiday party at Memorial Hermann   |