



## 2023 BARIATRIC SURGERY SUPPORT GROUP SCHEDULE

<b>Date</b>	<b>Place/Time</b>	<b>Topic</b>
1/18/23	Webex 5:00 pm	Goal Setting for the New Year; Guest speaker
2/15/23	Webex 5:00 pm	Tips for Success After Surgery; Guest Speaker
3/15/23	Webex 5:00 pm	Overcoming Plateaus and Avoiding Weight Regain
4/19/23	Webex 5:00 pm	Why Water and Protein are Vital After Surgery
5/17/23	Webex 5:00 pm	Vitamins for Life!
6/21/23	Webex 5:00 pm	Managing Emotional Eating
7/19/23	Webex 5:00 pm	Incorporating Exercise into Your Daily Routine
8/16/23	Webex 5:00 pm	Meal Planning and Grocery Shopping Tips
9/20/23	Webex 5:00 pm	Calories In Versus Calories Out
10/18/23	Webex 5:00 pm	Healthy Eating Tips During the Holidays
11/15/23	Webex 5:00 pm	Simple Ways to Stay Fit Over the Holidays
12/20/23	Webex 5:00 pm	Healthy Holiday Recipes (Bariatric Surgery Friendly)