



## Rhode Island Hospital Weight Loss Surgery Support Group Topic Schedule 2008-2009

**All meetings held in the Gerry House at RI Hospital  
6:15 P - 8:00P the First Wednesday of the Month\*\*\***

<b>October 2008</b>	<b>ABC's of Vitamins and Mineral Supplements.</b>	<b>Sue Manchester, RD, LDN</b>
<b>November</b>	<b>You've Come a Long Way, Baby! Fashion show /Patient Testimonials.</b>	<b>Kelly Armstrong, RN,</b>
<b>December</b>	<b>Holiday Party!!!!</b>	<b>All</b>
<b>January 2009</b>	<b>Six Habits of Successful Weight Loss Patients.</b>	<b>Camille Gregorian, LICSW</b>
<b>February</b>	<b>Getting Started with Exercise.</b>	<b>Megan Wyatt, PT</b>
<b>March</b>	<b>Introducing the Bariatric Food Pyramid.</b>	<b>Sue Manchester, RD, LDN</b>
<b>April</b>	<b>Ready, Set, Loose- Setting Your Weight Loss Goals.</b>	<b>Camille Gregorian, LICSW</b>
<b>May</b>	<b>Cardiac Meds and Exercise!</b>	<b>Megan Wyatt, PT</b>
<b>June</b>	<b>Get the Skinny on Healthy Fats!</b>	<b>Sue Manchester, RD, LDN</b>
<b>July ***Meeting this month on July 8th</b>	<b>Where to Look for Damage Control.</b>	<b>Camille Gregorian, LICSW</b>
<b>August</b>	<b>Hair, There and Everywhere- Hair Care after Weight Loss Surgery.</b>	<b>Beth Ryder, MD Kerri Wilbur, Paul Mitchell Educator</b>
<b>September</b>	<b>Exercise for the Elements.</b>	<b>Megan Wyatt, PT</b>

