

The Miriam Hospital Keys to Success

WLS Support Group

TOPIC SCHEDULE (7/23)



Month	Topic
JUNE 2008 Group is held fourth Tuesday of the month. Hurvitz Conf Room , first floor TMH.	Setting your weight loss goals. Camille Gregorian, LICSW
JULY	Stomach Size Changes Megan Condon, RD, LDN
AUGUST	The Power of Protein Amy Galindo, MSN, RNP
SEPTEMBER	Slaying your Dragons Camille Gregorian, LICSW
OCTOBER	Grocery List Makeover Megan Condon, RD, LDN
NOVERMBER	Measuring Your Progress Amy Galindo ,MSN, RNP
DECEMBER	Pay it Forward Camille Gregorian, LICSW
JANUARY, 2009	Carbs- Good, Bad and Ugly Megan Condon, RD, LDN
FEBRUARY	Vitamins Amy Galindo, MSN, RNP
MARCH	Great Expectations-Weight Loss- Now What? Camille Gregorian, LICSW
APRIL	Liquid "Candy" Megan Condon, RD, LDN
MAY	The Importance of Regular Exercise Amy Galindo, MSN, RNP

Family members are welcome to attend the group.