



Support Group Topic Schedule

Month	Topic
September 5, 2007	Reconstructive Plastic Surgery Guest Speaker Vineet Mehan, MD
October 3, 2007	What's for dinner? Meal Planning Tips. Sue Manchester, RD, LDN
November 7, 2007	Exercise Basics Guest Speaker Loren Stabile, MS Lifespan Center for Cardiac Fitness
December 5, 2007	All in the Family-Weight Loss Surgery and effects on the family. Camille Gregorian, LICSW
January 2, 2008	Childhood Obesity Guest Speaker Barbara Robinson, MPH, RD, LDN.
February 6th	Maximizing your Metabolism Amy Scheatzle, PT
March 5th	Is it all in your head? Emotional vs. physical hunger. Camille Gregorian, LICSW
April 2nd	Affordable and Healthy Eating Sue Manchester, RD, LDN
May 7th	Bone Health Amy Scheatzle, PT
June 4th	Damage Control: Stop a slip from becoming a relapse. Camille Gregorian, LICSW
July 9th (2 nd Wed)	Dining Out after Weight Loss Surgery Sue Manchester, RD, LDN
August 6th	Exercise for Life Amy Scheatzle, PT
September 3rd	Managing Stress without Overeating. Camille Gregorian, LICSW

Support Group Website: http://www.lifespan.org/services/support/gastric_bypass.htm