



Rhode Island Hospital Weight Loss Surgery Support Group Topic Schedule 2009-2010

**All meetings held in the Gerry House at RI Hospital
6:15 PM - 7:30 PM the First Wednesday of the Month
http://www.lifespan.org/services/support/gastric_bypass.htm**

October 2009	All in the Family-Weight Loss Surgery and Effects on Family	Camille Gregorian, LICSW
November	You've Come a Long Way, Baby! Fashion show /Patient Testimonials.	Kellie Armstrong, RN,
December	Holiday Party!!!!	All
January 2010	Sugar Savvy-learn what you need to know about sugars.	Sue Manchester, RD, LDN
February	Bone Health and Why it Matters	Megan Wyatt, PT
March	Exercise Basics	Kellie and trainers
April	Emotional vs. Physical Hunger	Camille Gregorian, LICSW
May	Protein Power!!	Sue Manchester, RD, LDN
June	So You Think You Can Step: Pedometers 101	Megan Wyatt, PT
July	10 Common Mistakes of Weight Loss Surgery Patients	All
August	Sleep	Kellie
September	Great Expectations-You've Lost the Weight, Now What?	Camille Gregorian, LICSW