



MOUNT CARMEL
Bariatric Center

2008 Support Group Meetings

Bariatric Surgery Support Group

If you'd like to learn from Mount Carmel medical professionals and receive emotional support from others who've shared your experience, this general support group is for you. The wide range of topics includes stress management, exercise, reconstructive surgery and returning to the workplace. You'll also enjoy the benefits of ongoing patient advocacy and fun extras like a recipe swap and annual fashion show. You're welcome to begin attending before your surgery and join us for a long time thereafter.

January 7, New Years Resolutions

July 7, Self Esteem

February 4, Post Op Patient Panel

August 4, Ask the Expert

March 3, Relationship & Sex Therapist Presenter

September 3, To Be Determined

April 7, Style Show

October 6, Reconstructive Surgery

May 5, Food as a Nutritional Tool

November 3, Holiday Planning

June 2, Vacation Planning

December 1, Patient Panel

Meetings are held the first Monday of the month, from 6:30 – 8:00 p.m. in the Medical Staff Building (MSB) Auditorium on the Mount Carmel West campus.

Bariatric Nutrition Support Group

Facilitated by our Bariatric Dietitian, this group offers ongoing nutrition education and support for Mount Carmel patients who are one year or more post surgery. You'll enjoy open discussions about weight management techniques and advice on eating healthy at restaurants, reading food labels, healthy snacking, avoiding unhealthy grazing or snacking, and more.

Meetings are held the second Tuesday of each month from 5:30 – 6:30 p.m. in Medical Staff Building (MSB) Room 2A on the Mount Carmel West campus.

To learn more call, 614-234-2052.