

# Bon Secours St. Mary's Hospital

## Change for Life Bariatric Support Group

### 2018 Support Group Calendar

**6-7pm St Mary's Hospital Education Department Room 164 Auditorium**

Date	Topic	Presenter	Facilitator
January 11	Nutrition in the New Year <ul style="list-style-type: none"> <li>Pantry Makeover/Kicking off the New Year</li> <li>Meal Planning</li> </ul>	Jenna Schmidt, RD	
February 8	How to Start an Exercise Program <ul style="list-style-type: none"> <li>What is the Best Exercise for Me?</li> <li>Chair Yoga</li> </ul>	ACAC	
March 8	Health Fair <ul style="list-style-type: none"> <li>Multiple vendor booths with vitamins, protein supplements, exercise programs</li> <li>Taste tests, samples, coupons</li> </ul>	Bariatric Advantage Abbott Nascobal Bariatric Fusion ACAC Bon Secours Sleep Center Bon Secours Sports Performance	
April 12	The Importance of Sleep	Bon Secours Sleep Center	
May 10	Summer Cooking Demo (i.e. ice cream, sweet treats) <ul style="list-style-type: none"> <li>Cooking/baking with Splenda instead of sugar</li> <li>Cooking light/Substituting to make healthier options</li> </ul>	Jenna Schmidt, RD	
June 14	Part 1 of 3 Behavioral Food Addiction/Emotional Eating <ul style="list-style-type: none"> <li>Depression vs. Food Grief</li> <li>Alcohol Consumption</li> <li>Stress Eating</li> </ul>	Dr. Redman, Psychologist Jenna Schmidt, RD	
July 12	Part 2 of 3 Behavioral Building Your Tool Box of Coping Skills <ul style="list-style-type: none"> <li>How to Maintain your Motivation and your weight</li> <li>Building Self Confidence</li> <li>How to Eat in Social Situations</li> <li>Meditation</li> <li>Calming Food Cravings</li> </ul>	TBA	
August 9	Excess Skin Management <ul style="list-style-type: none"> <li>Plastic Surgery</li> <li>Skin Care Products</li> </ul>	Richmond Plastic Surgery	
September 13	Support System: The Who, What, Why, Where <ul style="list-style-type: none"> <li>Panel discussion - volunteer speakers</li> <li>Sharing your weight loss surgery / How to deal with family &amp; friends that don't support your bariatric journey</li> </ul> How weight loss affects relationships	TBA	
October 11	Strength Training <ul style="list-style-type: none"> <li>Exercising with Weights/Resistance Bands</li> <li>How to Start a Strength Training Regimen</li> <li>Specific Exercises to Target Specific Areas</li> </ul>	Sheltering Arms Fitness and Wellness	
November 8	Part 3 of 3 Behavioral <ul style="list-style-type: none"> <li>Mindful Eating</li> <li>Recognizing My Body's Signals</li> </ul>	Julie Sammitt, LCSW, Julie Knopp, RD and Beth Ayn Stansfield from Stay Strong Virginia	
December 13	Holiday Cooking	Jenna Schmidt, RD	