

## 2020 Bariatric Patients "1-year out" Group

January		February		March	
M Jan 6th @ 6pm		M Feb 3rd @ 6pm		M Mar 2nd @ 6pm	
TH Jan 23 @ 6pm		W Feb 12th please help!		TH Mar 19th @ 6pm	
		Clothing Swap 9am-5pm		F Mar 27th @ 6pm	
		TH Feb 20th @ 6pm		Celebration at TBD	
April		May		June	
M Apr 6th @ 6pm		M May 4th @ 6pm		M June 1st @ 6pm	
TH Apr 23rd @ 6pm		TH May 21st @ 6pm		W June 10th please help!	
				Clothing Swap 9am-5pm	
July		August		September	
M July 6th @ 6pm		M Aug 3rd @ 6pm		Off Labor day	
TH July 23rd @ 6pm		TH Aug 20th @ 6pm		TH Sept 17 @ 6pm	
October		November		December	
M Oct 5th @ 6pm		M Nov 2nd @ 6pm		M Dec 7th @ 6pm	
W Oct 7th please help!		TH Nov 19th @ 6pm			
Clothing Swap 9am-5pm					
TH Oct 22nd @ 6pm		Closed Thanksgiving		Closed Christmas & NYE	

The "1-year out" group is for bariatric patients who are 1-year post-surgery. We will be meeting twice a month @ 6pm in the waiting room of Suite 405 (Seton Building). This is a discussion-based support group (for patients only) facilitated by Dr. Amanda Myers (amanda.myers@ascension.org). This group will be meeting bi-weekly on the 1st Monday of the month and 2 weeks later on Thursday.

Bariatric support groups are open to ALL including family and friends—calendar is on a separate page and hard copies are available at the Bariatric Center. 1) Saturday support (9am) is for people who want to learn more about enhancing their lives after bariatric surgery. 2) Welcome Wednesday! (5pm) This group is for newcomers and patients who need to review the basics for weight loss surgery success. 3) Transformation Tuesday! (5pm) Come hear stories from patients who have radically changed their health and quality of life. 4) Monday Motivation (9am) is to gear up for the week! 5) Terrific Tuesday (11am) is our newest group designed to help increase food freedom.

## 2020 St Thomas Rutherford Hospital's Bariatric Center Support Group Schedule (See footnote for group themes)

January		February		March	
Sat Jan 4th @ 9:00 AM		Sat Feb 1st @ 9:00 AM		Sat Mar 7th @ 9:00 AM	
W Jan 8th @ 5:00 PM		W Feb 5th @ 5:00 PM		W Mar 11th @ 5:00 PM	
Tu Jan 14th @ 5:00 PM		W Feb 12th		Tu Mar 17th @ 5:00 PM	
M Jan 20th @ 9:00 AM		Clothing Swap 9am-5pm		M Mar 23rd @ 9:00 AM	
Tu Jan 21st @ 11:00 AM		Tu Feb 18th @ 5:00 PM		Tu Mar 24th @ 11:00 AM	
		Friday... @ 6:00 PM			
		Tu Feb 25th @ 11:00 AM		Celebration TBD	
April		May		June	
Sat Apr 4th @ 9:00 AM		Sat May 2nd @ 9:00 AM		W June 3rd @ 5:00 PM	
W Apr 8th @ 5:00 PM		W May 13th @ 5:00 PM		W June 10th	
Tu Apr 14th @ 5:00 PM		Tu May 19th @ 5:00 PM		Clothing Swap 9am-5pm	
M Apr 20th @ 9:00 AM		Tu May 26th @ 11:00 AM		Tu June 16th @ 5:00 PM	
Tu Apr 21st @ 11:00 AM				M June 22nd @ 9:00 AM	
				Tu June 23rd @ 11:00 AM	

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ALL SUPPORT GROUPS meet at ST. THOMAS RUTHERFORD HOSPITAL in the SETON BUILDING, SUITE 405. No registration is required. Support group attendance is counted from the sign in sheet. Please email Catherine with any questions @ Catherine.Shaw@ascension.org or call the bariatric center at 615.396.4965.