



# Post-Bariatric Surgery Support Group

Meets the first Tuesday of every month from 5 to 6 p.m.

Support is one of the most valuable aspects of success after surgery. In monthly group meetings, you will have the opportunity to share your experiences with others as well as receive information by Elkhart General Hospital registered dietitians, nurse practitioners, personal trainers or other professional experts.

## 2017 SCHEDULE

- Jan. 3 New Year, New You – Goal Setting
- Feb. 7 Vitamins, Minerals and Probiotics
- March 7 Strength Training
- April 4 Measuring Success
- May 2 Eating Fresh and Local
- June 6 Walk this Way
- July 11 Eating Triggers
- Aug. 1 Protein and Fats
- Sept. 5 Special Speaker - TBA
- Oct. 3 Staying Motivated
- Nov. 7 Healthy Happy Holidays
- Dec. 5 Finding Motivation to Exercise

Meetings are held at the Bariatric and Metabolic Institute offices.

Please visit [Classes & Events at EGH.org](http://Classes & Events at EGH.org) for details on informational seminars throughout the year.

For more information on the Post-Bariatric Surgery Support Group, call **574.523.3264** or toll free at **855.874.3BMI (3264)**.



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