

BARIATRIC SUPPORT GROUP 2019

6:15-7:30 pm

Froedtert Hospital & The Medical College of Wisconsin Community Conference Rooms
8700 W. Watertown Plank Road -- Community Conference Room 1, Lower level

January 28, 2019 Moving Towards Change: Incorporating Activity Into Your Daily Routine to Facilitate Bodily Change
Presentation by: Chris Truskowski, MS, PT

Everyone has to start somewhere and at times this involves taking activity in stages. No matter where you are starting before surgery, and possibly with body aches and pains, or after surgery or maybe just decreased activity level. There are ways to incorporate some simple activities that can create stretching and muscular changes to help your body move towards changes that will help you to getting more mobile and helping the body change. This presentation will involve phases to work through from chair activities to moving towards more mobile activities based on your body and the phase you are in, before or after surgery, or even just considering surgery. Participation is not required, please attend even if you are not comfortable actively participating
**Bring a water bottle and wear comfortable supportive shoes.

February 25, 2019 Integrating Bariatric Surgery Into Your Social Life
Presentation by: Andrea Dietz, RD, CD and Karaline Naegele, M.Ed.

March 25, 2019 Plastic Surgery Following Bariatric Surgery
Presentation by: Mark Bosbous, MD, Plastic Surgeon

April 22, 2019 Mindfulness for Beginners: Moving Into Mindfulness
Presentation by: Courtney Barry, PsyD, MS Bariatric Health Psychologist

May, 2019 No meeting - Happy Memorial Day

June 24, 2019 What's Up Doc?
An opportunity to ask the bariatric surgeons medical questions related to different surgical procedures, outcomes, and results.
Presentation by: Bariatric Surgeon Panel

July 22, 2019 Bariatric cooking, recipes, tips and tricks
Presentation by: Sarah Kent, RD, CD, and cookbook author

August 26, 2019 What's in Your Toolbox? Open forum discussion of what you're using for tracking, apps, products you've found helpful or not, preferred water bottles, exercise videos/classes, websites, recipe finders, etc
Facilitation by: Andrea Dietz, RD, CD

September 23, 2019 The Stages of Bariatric Emotions
Presentation by: Courtney Barry, PsyD, MS, Bariatric Health Psychologist

October 28, 2019 Holiday Recipe Rehab
Presentation by: Andrea Dietz, RD, CD

November 25, 2019 Stay tuned for details! Date subject to change

December 2019 No meeting - Happy Holidays

Cancellations or changes may be found online at:

- www.froedtert.com (follow prompts to support groups)
- Facebook at: MCW Bariatric Surgery
- If you are part of our email distribution list, you would receive an email. If you are not a member but would like to be added to the email distribution list, please send an email to: bariatrics@mcw.edu with the subject line "Add Me to List"!