BARIATRIC SUPPORT GROUP 2016
6:00-7:30 pm
Froedtert Hospital & The Medical College of Wisconsin
Community Conference Rooms
8700 W. Watertown Plank Road
Community Conference Room 1

January 25, 2016  New Year, New You  (MOVED TO APRIL 25, 2016)
                 Presentation by: Andrea Dietz, RD, CD; Bariatric Dietitian

February 22, 2016 Relationships with Food and Yourself
                Presentation by: Mark Rusch, PhD

March 28, 2016   Physical Activity-Beyond Walking and Weights
                 Presentation by: Chris Truskowki, PT

April 25, 2016   Reflect, Resolve, Restart
                 Presentation by: Andrea Dietz, RD, CD; Bariatric Dietitian

May, 2016  No meeting - Happy Memorial Day.

June 27, 2016  Plastic Surgery Following Bariatric Surgery
                Presentation by: Mark Bousbous, MD, Plastic Surgeon

July 25, 2016   Mindful Eating
                Presentation by: Cathy English, APNP and Andrea Dietz, RD, CD

August 22, 2016 The Bariatric Plate: Protein, Carbohydrates, and Fat
                   Presentation by: Andrea Dietz, RD, CD

September 26, 2016 To be announced
                    Presentation by:

October 24, 2016 Planning Ahead for the Holidays-Too Much of a Good Thing?
                  Presentation by: Andrea Dietz, RD, CD; Bariatric Dietitian

November 28, 2016 End of Year Party – Ask the Surgeon
                    Share your story and lessons learned on your journey
                    Brainstorm ideas for topics/speakers for 2017

December 2016  No meeting - Happy Holidays

Cancellations or changes may be found online at:
www.mcw.edu/General-Surgery.htm
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

**Please see reverse side for Pre-Operative Pureed and Mechanical Soft Food Tasting Dates**
Pre-Operative Patients Only
Pureed and “Mechanical Soft” Recipe Tasting
5:15pm – 5:45pm
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- Wondering what those purees are going to be like?
- Don’t think they can actually taste good?
- Wondering what “mechanical soft” actually means?

Please join us before one of the regularly scheduled support group meetings as we taste test some of our favorite post-op bariatric recipes

February 22, 2016

April 25, 2016

July 25, 2016

October 24, 2016

Please note- recipes will not change from month to month so pick the one that works best for you