

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