

2020 Weight Loss Surgery Support Group Schedule

Education and peer support meetings are for everyone, whether you have had surgery or are considering surgery. These meetings are meant to provide support with lifestyle changes, and maintaining this new lifestyle to ensure long-term success

LOCATION:

The Davis Clinic
10125 Katy Freeway, Suite 106

CONTACT:

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Time: 6:30PM – 7:30PM

3rd Tuesday of every Month (unless otherwise noted)

*Note topics & facilitators are subject to change

| Date | Topics |
|----------|--|
| 1.21.20 | Meet the Providers <i>Guests: Dr. Primomo, Dr. Kajese and Morgan Brown NP</i> |
| 2.18.20 | Find Your Fit- Exploring Fitness Before and After Surgery <i>Guest: Mat Pacheco CPT and Maricela Saucedo Owner of Dolls Fitness</i> |
| 3.17.20 | Nutrition Myth Busting: Artificial Sweeteners, Fad Diets, etc |
| 4.21.20 | Mentor Month- Previous Mentors and People Looking for Mentorship Time to Connect <i>Guests: Previous Patients</i> |
| 5.19.20 | What to Expect After Surgery- Post Surgery Q&A <i>Guests: Dr. Primomo and Dr. Kajese</i> |
| 6.16.20 | Supplements: What to Take After Bariatric Surgery <i>Guests: Bariatric Vitamin Reps</i> |
| 7.21.20 | Meal Delivery Kits: What options are available? |
| 8.18.20 | Plastic Surgery <i>Guest: Dr. Rednam</i> |
| 9.15.20 | Stress Management Skills and Practice |
| 10.20.20 | Non-Scale Victories <i>Activity- Creating Victory Jars</i> |
| 11.16.20 | Recipe Swap and Modifications for the Holidays |
| 12.02.20 | Holiday party at Memorial Hermann |