



SURGICAL WEIGHT LOSS PROGRAM
CONNECTICUT SURGICAL GROUP



SUPPORT GROUP MEETINGS- Winter/Spring 2010

Monthly on TUESDAYS, 6-8pm

Led by *Nina Arnold and Sally Strange, Bariatric Nurse Coordinators*

Gilman Auditorium-Conklin Building, Hartford Hospital

Parking in Hartford Hospital patient parking garage

- JANUARY 12th** **Open Forum with the SWLP team.**
Discussion: Share your struggle. What is your experience during the holidays after bariatric surgery?
- FEBRUARY 9th** Guest Speaker: **Consulting Cardiology Provider**
Discussion: *Heart Health after surgery*
- MARCH 9th** Guest Speaker: **Mary Noon & Jessica Crandall-Registered Dietitians**
Discussion: *Meal ideas after surgery for Spring & Summer*

***Glastonbury Office Vitamin Tastings: January 13th –Meal Replacements, February 11th- Calcium Chews & Omega-3 Chewy Bites, March 17th-Control Bars**

Educational Resource Center (ERC) Building- Hublein Hall

Corner of Hudson and Jefferson Streets Hartford Hospital campus
FREE Parking at HH Employee fenced lot adjacent to building with green awning

- APRIL 20th** Guest Speaker: **Joanne Britton-Zumba Instructor**
Spring Clothing Swap **Discussion:** *Shaking it up before & after bariatric surgery*
- MAY 25th** Guest Speaker: **Orlando DeLucia, MD-Plastic Surgeon**
Discussion: *After losing the weight, removing unwanted skin with cosmetic surgery*

****PLEASE TURN OVER FOR SUMMER/FALL DATES****

For more information, please check the website at www.harthosp.org/obesitysurgery or www.ctsurgical.com/programs_swlp.php or call 246-2071.

PLEASE NOTE: Attendance to a minimum of (2) support group meetings is required before surgery. After surgery, lifetime attendance is strongly recommended.

**Dates, times, and location are subject to change, please check before attending...NO REGISTRATION REQUIRED!*



SUPPORT GROUP MEETINGS- Summer & Fall, 2010

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JUNE 15th	Guest Speaker: To Be Confirmed (TBC)
JULY 13th	Guest Speaker: TBC
AUGUST 10th	Speaker: TBC
SEPTEMBER 21st FALL Clothing Swap	Guest Speaker: TBC
OCTOBER 12th	Guest Speaker: TBC <u>Discussion:</u>
NOVEMBER 9th Food Drive	Guest Speaker: TBC
DECEMBER 14th	Guest Speaker: TBD

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WALK FROM OBESITY: coming up September/October 2010