



Continuum Health Partners, Inc.

Institute for Bariatric and Minimally Invasive Surgery

6 Months + Weight Loss Surgery Support Group 2011

This support group offers a wonderful forum for patients who have already had weight loss surgery for six months or longer. The group offers a supportive environment to help manage the emotional changes and situations that occur as a result of weight loss. We think that support group attendance is very important to patient education and post- op recovery. The purpose of this group is to provide support for, educate and inspire bariatric surgery patients to live healthy lives

Location: 1090 Amsterdam Avenue 12th floor

Time/Day: 6.30 -7.30p.m., Thursday

Please be prompt to minimize disruption to the group. You are welcome to bring a family member along to this group however we request that children under the age of 16 not attend these sessions.

Dates:

January 20- Realistic Goal-Setting

February 17- Self-Esteem

March 17- Exercise: Finding Creative Ways to Increase Physical activity

April 21- Snacking

May 19 - How Relationships Impact your Success

June 16- Accepting Your Body

July 21- Increasing Motivation: How to Get “Unstuck”

August 18- Transitions: Flowing With Life

September 22- Emotional and External Eating: Your Relationship with Food

October 20- Overcoming Bad Habits and Self-Sabotage

November 17- Coping With the Holidays

December 15- Celebrating Your Accomplishments

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**In the event of bad weather please call the office at 212-636-1000 after 12.00 p.m. on the scheduled date to confirm if the group will meet.