

# **Weight Management Institute** Greenville **After Surgery** Group Session Schedule December 2019

Read before attending support group sessions!

- Visit our website for more information and resources:

[www.ghs.org/bariatricsolutions](http://www.ghs.org/bariatricsolutions)



- Register for each support group.
- Sign in at each support group.
- Do NOT bring children to support groups.
- NO Pre-surgery patients in Post-surgery support groups.
- Questions for the office staff or physician must be handled during office hours (8am-5pm Mon-Thurs, 8am-12pm Fri).
- Post-Op Groups are held Mondays at 10:00 am, 4:00 pm and 6:00 pm.
- Cooking Class is on the 2<sup>nd</sup> Tuesday of the month at 2:00pm and 6:00pm, located in the conference room.
- Grocery tours are the third Thursday of the month at 12:00pm.



**Stay up to date with events, follow us on Facebook**



Thank you from the staff at Weight Management Institute

# Post-Op Group Schedule

## December 2019

### Mondays:

Date	Time	Topic	Location	Instructor
12/2/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Mindful Eating	Conference Room	Nutrition Solutions Dietitians
12/9/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Nutrition Basics- Test Your Knowledge	Conference Room	Nutrition Solutions Dietitians
12/16/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Personalized Nutrition	Conference Room	Nutrition Solutions Dietitians
12/23/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Eating Style	Conference Room	Nutrition Solutions Dietitians
12/30/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Weight Loss- Recipe for Success	Conference Room	Nutrition Solutions Dietitians

### Tuesdays:

Date	Time	Topic	Location	Instructor
12/10/2019	2:00-2:45pm	Cooking Class	Conference Room	Chef James
12/10/2019	6:00-6:45 pm	Cooking Class	Conference Room	Chef James

### Thursdays:

Date	Time	Topic	Location	Instructor
12/19/2019	12:00-12:45pm	Grocery Store Tour	TBD	Nutrition Solutions Dietitians

