

Weight Management Institute Greenville

After Surgery Group Session Schedule April – June 2019

Read before attending support group sessions!

- Visit our website for more information and resources:

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, and Thursdays at 5:30pm in the conference room.
- Cooking Class is on the 2nd Tuesday of the month at 6:00pm, located in the conference room.



Stay up to date with events, follow us on Facebook



Thank you from the staff at Weight Management Institute

Post-Op Group Schedule

April 2019

Mondays:

Date	Time	Topic	Location	Instructor
4/1/2019	10:00-11:00 am 6:00-7:00 pm	Food vs Food-Like Substances	Conference Room	Nutrition Solutions Dietitians
4/8/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Eat More, Lose More (Nutrient Density)	Conference Room	Nutrition Solutions Dietitians
4/15/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Weight Loss Myths	Conference Room	Nutrition Solutions Dietitians
4/22/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Stress & The Body- Strategies for Weight Loss	Conference Room	Nutrition Solutions Dietitians
4/29/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Eating Out/Special Occasions	Conference Room	Nutrition Solutions Dietitians

Tuesdays:

Date	Time	Topic	Location	Instructor
4/9/2019	6:00-6:45 pm	Cooking Class	Conference Room	Chef James
4/16/2019	6:00-6:45 pm	Grocery Store Tour	TBA	Nutrition Solutions Dietitians

Thursdays:

Date	Time	Topic	Location	Instructor
4/4/2019	5:30-6:15 pm	Post-Op Counseling Group	Conference Room	Stephanie St. Clair, LPC
4/11/2019	5:30-6:15 pm	Post-Op Counseling Group	Conference Room	Stephanie St. Clair, LPC
4/18/2019	5:30-6:15 pm	Post-Op Counseling Group	Conference Room	Stephanie St. Clair, LPC
4/25/2019		NO GROUP		

Post-Op Group Schedule

May 2019

Mondays:

Date	Time	Topic	Location	Instructor
5/6/2019	10:00-11:00 am 6:00-7:00 pm	Nutrition Superfoods	Conference Room	Nutrition Solutions Dietitians
5/13/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Understanding Food Labels/Ingredients	Conference Room	Nutrition Solutions Dietitians
5/20/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Smart Snacking for Weight Loss	Conference Room	Nutrition Solutions Dietitians
5/27/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Success- Client Testimonials	Conference Room	Nutrition Solutions Dietitians

Tuesdays:

Date	Time	Topic	Location	Instructor
5/14/2019	6:00-6:45 pm	Cooking Class	Conference Room	Chef James
5/21/2019	6:00-6:45 pm	Grocery Store Tour	TBA	Nutrition Solutions Dietitians

Thursdays:

Date	Time	Topic	Location	Instructor
5/2/2019	5:30-6:15 pm	Post-Op Counseling Group	Conference Room	Stephanie St. Clair, LPC
5/9/2019	5:30-6:15 pm	Post-Op Counseling Group	Conference Room	Stephanie St. Clair, LPC
5/16/2019	5:30-6:15 pm	Post-Op Counseling Group	Conference Room	Stephanie St. Clair, LPC
5/23/2019		NO GROUP		
5/30/2019	5:30-6:15 pm	Post-Op Counseling Group	Conference Room	Stephanie St. Clair, LPC

Post-Op Group Schedule

June 2019

Mondays:

Date	Time	Topic	Location	Instructor
6/3/2019	10:00-11:00 am 6:00-7:00 pm	Addictive Foods	Conference Room	Nutrition Solutions Dietitians
6/10/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Getting Active	Conference Room	Nutrition Solutions Dietitians
6/17/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Planning Meals	Conference Room	Nutrition Solutions Dietitians
6/24/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Eat More, Lose More (Nutrient Density)	Conference Room	Nutrition Solutions Dietitians

Tuesdays:

Date	Time	Topic	Location	Instructor
6/11/2019	6:00-6:45 pm	Cooking Class	Conference Room	Chef James
6/18/2019	6:00-6:45 pm	Grocery Store Tour	TBA	Nutrition Solutions Dietitians

Thursdays:

Date	Time	Topic	Location	Instructor
6/6/2019	5:30-6:15 pm	Post-Op Counseling Group	Conference Room	Stephanie St. Clair, LPC
6/13/2019	5:30-6:15 pm	Post-Op Counseling Group	Conference Room	Stephanie St. Clair, LPC
6/20/2019	5:30-6:15 pm	Post-Op Counseling Group	Conference Room	Stephanie St. Clair, LPC
6/27/2019		NO GROUP		

