



**UMG Premier Surgical Services
Support Group Session Schedule
AUGUST 2015**

Read **before** attending support group sessions!

****You must sign in and be on time to receive credit for attending support groups! If late, the class will not count. ****

- Sign in to receive credit for attending support groups
- Do NOT bring children to support groups
- You must complete **Five (5) Pre-Surgery** support groups before your initial surgeon's appointment
- You must complete **Ten (10) Pre-Surgery** support groups before your surgery date
- If support groups held on the same day have different topics, they may each count towards your 10 groups. Groups with the same topic held in one day may only count once toward your 10 groups
- After surgery, you will advance to the post surgery support groups
- Questions for the office staff or physician must be handled during office hours (8am-5pm Mon-Fri)

ALL patients must sign and weigh in for **Two (2) Support Groups** a month.

If you are weighing in, please arrive 15-20 minutes before class is scheduled to begin to get vitals recorded,

NO weights/vitals will be taken once a Support Groups class has started or at any other times throughout the day.

***As part of the 10 required support groups (4) groups/topics are mandatory including: Physician's Orientation, Surgery 101, one group facilitated by a Registered Dietitian, and one group facilitated by the Registered Nurse.**

Thank You from the staff at Premier Surgical Bariatric Solutions

Date	Time	Facilitator / Topic
*08/05/2015	11:30 am	Kitty Cannon, RN Surgery 101
08/05/2015	5:30 pm	Post-Op Role Model
*08/12/2015	11:30 am	Caroline Tackett Yoga and Stretching
*08/12/2015	5:30 pm	Kitty Cannon, RN Surgery Medical Considerations Before and After
08/19/2015	11:30 am	Post-Op Role Model
*08/20/2015 (Thursday)	6:00 pm	Information Session counts as Physician's Orientation
*08/21/2015	11:30 am	Dietician Nutrition Class
08/26/2015	5:30 pm	Caroline Tackett Chair Exercises
*08/28/2015	11:30 am	Dietician Nutrition Class

Classes that count towards your mandatory four have an * before the date. Classes that are in bold mean that the day is out of the ordinary schedule and does not fall on Wednesday.

SUPPORT GROUP SCHEDULE

Support group meetings will be held on *PRIMARILY* on WEDNESDAYS
Support group times include 11:30am-12:15pm and 5:30pm-6:15pm

