

Bariatric Solutions

Greenville

After Surgery Group Session Schedule

March 2019

Read before attending support group sessions!

- Visit our website for more information and resources:
www.ghs.org/bariatricsolutions
- 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 on the 1st and 3rd Tuesdays at 5:30pm, located in the small teaching room, as well as every Monday at 10:00 am, 4:00 pm and 6:00 pm, located in the large conference room.
- Cooking Class is on the 2nd Tuesday of the month at 6:00pm, located in the large conference room.



Stay up to date with Bariatric Solutions events, follow us on Facebook



Thank you from the staff at Bariatric Solutions

Post-Op Group Schedule

March 2019

Mondays:

Date	Time	Topic	Location	Instructor
3/4/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Food Labels and Ingredients Lists	Large Conference Room	Nutrition Solutions Dietitians
3/11/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Why Journal? The Science of Food Journaling	Large Conference Room	Nutrition Solutions Dietitians
3/18/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Meal Planning for Families	Large Conference Room	Nutrition Solutions Dietitians
3/25/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Hidden Food Cues	Large Conference Room	Nutrition Solutions Dietitians

Tuesdays:

Date	Time	Topic	Location	Instructor
3/5/2019	5:30-6:15 pm	Post-Op Counseling Group	Small Teaching Room	Stephanie St. Clair, LPC
3/12/2019	6:00-6:45 pm	Cooking Class	Large Conference Room	Chef James
3/19/2019	6:00-6:45 pm	Grocery Store Tour	TBA	Nutrition Solutions Dietitians

