



GREENVILLE  
HEALTH SYSTEM

# **Surgical Specialists Of Anderson After Surgery Group Session Schedule April - June 2019**

Read before attending support group sessions!

- 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)
- Visit our website or Facebook page for more information and resources:
- Post-Op classes are limited to 15 people, please arrive early to ensure your seat



Visit our Facebook page for more information and resources

<https://www.facebook.com/GHSBariatricSolutions>

Thank you from the staff at Surgical Specialists



## SURGICAL SPECIALISTS AFTER SURGERY

### CLASS SCHEDULE

#### April- June 2019 Post-Surgery Support Groups

| Date                        | Time            | Facilitator/Topic   |
|-----------------------------|-----------------|---|
| Tuesday<br>4/2/2019         | 11:30am-12:15pm | Megan Wheeler, PA<br>Revisiting Proper Food Portions<br>Location: Surgical Specialists of Anderson                              |
| Wednesday<br>4/24/2019      | 4-4:45pm        | Christy, Dietician<br>Addictive Foods<br>Location: Surgical Specialists of Anderson   |
| Tuesday<br>5/14/2019        | 11:30am-12:15pm | Amanda<br>Open Forum<br>Location: Surgical Specialists of Anderson  |
| Wednesday<br>5/22/2019      | 4-4-45pm        | Christy, Dietician<br>Grocery Shopping Trip- Quick Convenient Meal Planning<br>Location: Publix; 3801 Clemson Blvd, Anderson SC |
| <b>Thursday</b><br>6/6/2019 | 4-4:45pm        | Stephanie St. Clair, Counselor<br>Emotional Eating<br>Location: Surgical Specialists of Anderson                                |
| Wednesday<br>6/26/2019      | 4-4:45pm        | Christy Strouse-Dietician<br>Eating out Strategies<br>Location: Surgical Specialists of Anderson                                |

Please reference [www.ghsbariatricsolutions.com](http://www.ghsbariatricsolutions.com)