

# Weight Management Institute Greenville

## After Surgery Group Session Schedule September 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, and Thursdays at 5:30pm in the conference room.
- Cooking Class is on the 2<sup>nd</sup> 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

## September 2019

### Mondays:

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Location</b>	<b>Instructor</b>
9/2/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Stay Active	Conference Room	Nutrition Solutions Dietitians
9/9/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Building Your Support Team	Conference Room	Nutrition Solutions Dietitians
9/16/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Food Labels and Ingredient Lists	Conference Room	Nutrition Solutions Dietitians
9/23/2019	10:00-11:00 am 4:00-5:00 pm 6:00-7:00 pm	Success- Client Testimonials	Conference Room	Nutrition Solutions Dietitians
9/30/2019	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:

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Location</b>	<b>Instructor</b>
9/10/2019	6:00-6:45 pm	Cooking Class	Conference Room	Chef James
9/17/2019	6:00-6:45 pm	Grocery Store Tour	TBA	Nutrition Solutions Dietitians

