

The Hospital of Central Connecticut's Bariatric Surgery Support Group is available as you look towards meeting your weight health goals for the 2010 year. Guest speakers provide a 30-minute presentation and an hour is spent on group sharing and discussion.

Meetings are held on the first Thursday of the month at The Hospital of Central Connecticut in Lecture Room 1 from 6-7:30 p.m. *Please note the new start time.* No registration is necessary and there is no cost to attend. Parking will be validated. Support group is offered to pre- and/or or post-operative gastric band and gastric bypass patients. Family members are welcome.

2010 Bariatric Support Group Schedule (6-7:30 p.m.)

January 7, 2010	Beating the Holiday Blues Jane Caron, LCSW, MBA
February 4, 2010	Exercise Can Be Easy and Fun Tammy Linteau
March 4, 2010	Bariatric Product Taste Sampling Bariatric Program Staff
April 1, 2010	Weight & Work: My Story Bariatric patients
May 6, 2010	Mindful vs. Mindless Eating Kari King, RD, MHSE
June 3, 2010	Sleep Disorders & Weight Donna Cone, R.EEGT/ R.PSGT
July 1, 2010	To Weigh or Not to Weigh May Harter, MS, RD
August 5, 2010	Weight Loss Surgery & Family Dynamics Bariatric Program Staff
September 2, 2010	Weight Regain Bariatric Dietitian Staff
October 7, 2010	Downsize Me: What Not to Wear Fashion Show
November 4, 2010	Vitamin and Mineral Supplements Melissa Sullivan, RD
December 2, 2010	Holiday Party Share your favorite recipes

For questions, please call Paula O'Neil, Bariatric Coordinator, at 1-866-668-5070.