

Carondelet Health Network Surgical Weight Loss
Support Group
Dates and Topics for 2009-2010
St. Joseph's Hospital Auditorium

Saturdays (11 am to Noon)

2009

There will be no Support Group on July 25, 2009

August 29 – Event: Fall Support Group Kickoff (Potluck – Bring your favorite dish)

September 26 – A Long Day's Journey: Successful Weight-Loss from Beginning to End

October 31 – Setting and Resetting Weight-Loss Goals

November 21 – Social Situations and the Holiday Slump

There will be no Support Group on December 26, 2009

2010

January 30 – A New Year...A New You: Love Yourself Every Day

February 27 – Super Tips about the Super Market: Shopping Tips from the Pros (Location TBD)

*March 27 – Strides, Stairs, Success: Home Exercising Tips for the Extremely Busy
Weight-Loss Patient*

April 24 – Vitamins & Supplements: Choosing What's Right for You and Your Body

May 29 – Depression, Stress, Temptation: Staying Strong Through the Hard Times

June 26 – Event: Summer Support Group Closer (Location/Theme TBD)

Tuesdays (6:30 p.m. to 7:30 p.m.)

2009

There will be no Support Group on August 4, 2009

September 1 – Event: Fall Support Group Kickoff (Potluck – Bring your favorite dish)

October 6 – A Long Day's Journey: Successful Weight-Loss from Beginning to End

November 3 – Setting and Resetting Weight-Loss Goals

December 1 – Social Situations and the Holiday Slump

2010

There will be no Support Group on January 5, 2010

February 2 – A New Year...A New You: Love Yourself Every Day

March 2 – Super Tips about the Super Market: Shopping Tips from the Pros (Location TBD)

*April 6 – Strides, Stairs, Success: Home Exercising Tips for the Extremely Busy
Weight-Loss Patient*

May 4 – Vitamins & Supplements: Choosing What's Right for You and Your Body

June 1 – Depression, Stress, Temptation: Staying Strong Through the Hard Times

July 6 – Event: Summer Support Group Closer (Location/Theme TBD)

Other Events:

Walking Group – Will meet every 1st and 3rd Saturday of each month at 7 a.m. beginning September 5, 2009. Locations will be announced in the coming months.

Holiday Party – Will be held the 3rd week of December. Exact time/location will be announced in the coming months.

Clothing Exchange – The Clothing Exchange will be held on the second Saturday from 11 a.m.–12 p.m. in the months of September '09, November '09, January '10, March '10, May '10, July '10

If you have an idea for an event, please contact the SWL Office at 873-2612 or email comments@carondelet.org. Be sure to address the email to the CHN Bariatric Program.