



## 2017 Bariatric Support Group Schedule

Building 200/AtlantiCare Life Center

(At the corner of Delilah Rd and English Creek Ave.)

### Monday 6 – 7 PM

Date	Topic
July 10	Self Monitoring Strategies
August 7	Making “Me” the Priority
September 4	Stress Eating
October 2	Surviving Restaurants After WLS
November 6	Speaker: Marcel, Support Networking
December 4	Holiday Party

### Tuesday 10:30– 11:30 AM

July 11	Label Reading
August 8	Vision Statement for Weight Loss
September 5	Vitamin “D”
October 3	Halloween: Trick or Treat
November 7	Holidays: Feast or Fast?

***“Walk from Obesity”***

Saturday September 30, 2017