



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
January 16	Gamification of Weight Loss
February 6	Cooking Demonstration
March 6	Speaker: Marcel, Winter Blues
April 3	Speaker: Dr. Saad, Body Contouring
May 1	Cooking Demonstration
June 12	Waking up to the Benefits of Breakfast

Tuesday 10:30– 11:30 AM

January 3	Strength Training vs Aerobic Training
February 7	Organic Foods
March 7	Protein is Primary (Priority)
April 4	Food Additives
May 2	Motivators to Reach Your health and Fitness Goals
June 6	Whole Grains