

2017 BARIATRIC SUPPORT GROUPS

LAKE MARY

BARIATRIC SUPPORT GROUP

1st TUESDAY of each month at 7:00 PM

LOCATION: LAKE MARY EVENTS CENTER
260 North Country Club Road
Lake Mary, FL 32746

Jan. 3 – Breaking Barriers to Success and Healthy Goal Setting

DeAne Matthew, MA, LMHC

Group discussion about barriers to continued success, and getting on track with vitamins, dietary issues, and establishing a healthy exercise routine.

Feb. 7 - How to Utilize Books, Social Media & Technology for Continued Success

DeAne Matthew, MA, LMHC

Group discussion on how to overcome both time and proximity barriers so that you can increase your support network and stay motivated when you need it most.

Mar. 7 – Menu Planning and Recipe Share

Local Chef

Bring in a favorite recipe and learn how to spice up old recipes in a healthy manner via a cooking demonstration and group discussion.

Apr. 4 - Identity Formation: Who am I?

DeAne Matthew, MA, LMHC

Build a healthier perception of your past and present identity for increased self-esteem and positive forward movement in life.

May 2 - Revitalizing Motivation for Physical Activity

Exercise Physiologist

Learn about the importance of proactive motivation and physical activity in your daily lives for achieving and maintaining weight loss goals.

June 6 - The Evolution of Friendships & Family Dynamics

DeAne Matthew, MA, LMHC

Group discussion and education on how to cope with unhealthy family dynamics while still building positive connections and boundaries.

July 11 - Cross Addiction & Managing Emotional Eating*

DeAne Matthew, MA, LMHC

Group discussion on addictive patterns and how using food as a way to distract, self-soothe, and/or escape your problems and feelings can sabotage your hard work.

*Please note this group is on the 2nd Tues due to the July 4th Holiday

Aug. 1 – Stress Management with Yoga Techniques & Mindfulness

Yoga Therapist

Demonstration and presentation on effective stress management interventions, yoga techniques, and personal mindfulness skills.

Sept. 5- Realities of Relapse and Regain

DeAne Matthew, MA, LMHC

Group discussion on the pitfalls that can lead to weight gain post-surgery and the mindset that can help avoid or reverse it.

Oct. 10 - A Journey for Life

Heather Booth

Presentation from a seasoned WLS patient and a group discussion of the lessons, hardships, and celebrations of member's weight loss journeys.

Nov. 7 - Happy and Healthy Holidays

DeAne Matthew, MA, LMHC

Group discussion on how to maintain a healthy routine and a positive mindset during the Holiday season.

Dec. HOLIDAY PARTY

(Date/Location TBA) • 6PM

ST. AUGUSTINE

BARIATRIC SUPPORT GROUP

1st WEDNESDAY of each month at 7:00 PM

LOCATION: FLAGLER HOSPITAL - OSCEOLA ROOM
400 Health Park Blvd.
St. Augustine, FL 32086

Jan. 4 – Breaking Barriers to Success and Healthy Goal Setting

Reneé Wyden, EdD, LCSW

Group discussion about barriers to continued success, and getting on track with vitamins, dietary issues, and establishing a healthy exercise routine.

Feb. 1 - How to Utilize Books, Social Media & Technology for Continued Success

Reneé Wyden, EdD, LCSW

Group discussion on how to overcome both time and proximity barriers so that you can increase your support network and stay motivated when you need it most.

Mar. 1 - The Benefits of Skin Care & Plastic Surgery*

Dr. Anh Vu, MD

Learn about skin care routines and innovative surgical procedures to help you achieve the body contour you want after significant weight loss.

*Held at Harmony Medical – 301 Health Park Blvd., Suite 109

Apr. 5 - Stress Management and Mindfulness

Reneé Wyden, EdD, LCSW

Group discussion on the health benefits of being in the moment and managing your stress.

May 3 - Cross Addiction & Managing Emotional Eating

Reneé Wyden, EdD, LCSW

Group discussion on how using food as a way to distract, self-soothe, and/or escape your problems and feelings can sabotage your hard work.

June 7 - Health Benefits of Regular Exercise & Physical Activity*

Scott Hayford, M.S.

Learn about the importance of physical activity in your daily lives for achieving and maintaining weight loss goals.

*Held at The Wellness Center – 120 Health Park Blvd

July 5 - Realities of Relapse and Regain

Reneé Wyden, EdD, LCSW

Group discussion on the pitfalls that can lead to weight gain post-surgery and the mindset that can help avoid or reverse it.

Aug. 2 - A Journey for Life

Reneé Wyden, EdD, LCSW

Group discussion of the lessons, hardships, joys and celebrations of member's weight loss journeys.

Sept. 6 - Identity Formation: Who am I?

Reneé Wyden, EdD, LCSW

Build a healthier perception of your past and present identity for increased self-esteem and positive forward movement in life.

Oct 4 – Holiday Cooking & Recipe Share

Chef Mary Holmes

Cooking demonstration & group discussion about eating healthy during the Holidays.

Nov 1 – Grocery Shopping & Eating Bariatric on a Budget*

Kayla Vosburgh, RD, LD/N

Let's walk the aisles and learn how to plan, shop and save for weight loss success. *Held at Publix - 125 Jenkins St [Cobblestone Village]

Dec. HOLIDAY PARTY

(Date/Location TBA) • 6PM

Please Note the Highlighted Changes