

SUPPORT GROUP

2014 Meeting Schedule

**Meetings take place in the Bellevue Hospital
Ambulatory Care Building,
First Floor, Room 1038, from 2:00 – 3:00 PM**

- **Friday, January 3rd:**
Setting Goals and Not Allowing a Slip to Turn Into a Relapse
- **Friday, January 24th**
Open Forum
- **Friday, February 7th:**
Adjusting To Your New Body and Your New Healthy Life
- **Friday, February 28th:**
Open Forum
- **Friday, March 7th:**
*Supermarket Savvy and Being Creative with Recipes
(Bring your favorite healthy dish and the recipe to share!)*
- **Friday, March 28th:**
Open Forum
- **Friday, April 4th:**
Plastic Surgery after Bariatric Surgery- Is it for you?
- **Friday, April 25th:**
Open Forum
- **Friday, May 2nd:**
Getting the Support You Need & Coping with Negativity and Jealousy
- **Friday, May 23rd:**
Open Forum

SUPPORT GROUP - 2014 Meeting Schedule

- **Friday, June 6th:**
*The Benefits of Exercise and Getting Yourself Moving
(Bring workout clothes & shoes for a FREE workout session!)*
- **Friday, June 27th:**
Open Forum
- **Friday, July 4th:**
NO GROUP/Holiday
- **Friday, July 25th:**
Open Forum
- **Friday, August 1st:**
Why Did My Weight Plateau?
- **Friday, August 22nd:**
Open Forum
- **Friday, September 5th:**
Being Social after Bariatric Surgery
- **Friday, September 26th:**
Open Forum
- **Friday, October 3rd:**
From Mindless to Mindful Eating
- **Friday, October 24th:**
Open Forum
- **Friday, November 7th:**
Preparing for the Holidays
- **Friday, November 28th:**
Open Forum
- **Friday, December 5th:**
*Beat - Don't Eat - Your Holiday Stress
(Bring your favorite holiday dish to share for a holiday gathering!)*
- **Friday, December 26th:**
Open Forum