

Lap Band Support Group

2013 Meeting Schedule

- **Friday, January 4th:** *Setting Goals and Not Allowing a Slip to Turn Into a Relapse*
- **Friday, February 1st:** *Adjusting To Your New Body and Your New Healthy Life*
- **Friday, March 1st:** *Supermarket Savvy and Modifying Recipes to be Healthy (Bring your favorite healthy dish and the recipes to share!)*
- **Friday, April 5th:** *Plastic Surgery after Bariatric Surgery- Is it for you?*
- **Friday, May 3rd:** *Open Forum*
- **Friday, June 7th:** *Exercise and Workout Session (bring workout clothes & sneakers for a FREE workout session!)*
- **Friday, July 5th:** *Getting the Support That You Need & Coping with Negativity and Jealousy*
- **Friday, August 2nd:** *Why Did My Weight Plateau?*
- **Friday, September 6th:** *Open Forum*
- **Friday, October 4th:** *From Mindless to Mindful Eating*
- **Friday, November 1st:** *Preparing for the Holidays*
- **Friday, December 6th:** *Beat, Don't Eat, Your Holiday Stress (Bring your favorite healthy holiday dish & recipe to share for a holiday gathering!)*

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