

## Intermountain Healthcare Bariatric Support Group Schedule 2022



Join our FREE weight loss support group and receive advice from knowledgeable professionals from the comfort of your own home.

**Where:** Meeting will be virtual via Microsoft Teams. To register please contact your local bariatric coordinator. Contact info is listed below.

**When:** 2nd Wed every month 5:30-6:30 PM

<b>Date</b>	<b>Topic</b>	<b>Speaker</b>
<b>Jan 12</b>	Body Image/Non-Scale Victories	Natalie Lanham, Social Worker
<b>Feb 9</b>	Ways to Avoid Weight Regain	Mindy Crockett, Dietitian
<b>March 9</b>	Staying on Track/How to make it happen	Camilla Meija, Exercise Therapist
<b>April 13</b>	Self-Care/Depression/Managing Stress	Tabitha Campbell, Psych Intern
<b>May 11</b>	Medical Problems post Bariatric Surgery	Dr. Rasmussen, Bariatric Surgeon
<b>June 8</b>	Exercise	Camilla Meija, Exercise Therapist
<b>July 13</b>	Cooking Strategies after Bariatric Surgery	To Be Announced
<b>August 10</b>	Open Discussion Q &A with the surgeon	Dr. Gilbert, Bariatric Surgeon
<b>Sept 14</b>	Addiction Transfer	Tabitha Campbell, Psych Intern
<b>Oct 12</b>	Mindful Eating	Mindy Crockett, Dietitian
<b>Nov 9</b>	Mindfulness	To Be Announced
<b>Dec 14</b>	Exercising during the Winter	Camille Meija, Exercise Therapist

Please register for support group by clicking on this link [https://intermountainhealthcare.org/classes-and-events/list/surgical-weight-loss-support-group?fbclid=IwAR3t\\_rqIQdpY3SyFPwGm-fBS06UuEFQ8KfGoQ9xi0YI7G6TbeteN5W\\_wpQ](https://intermountainhealthcare.org/classes-and-events/list/surgical-weight-loss-support-group?fbclid=IwAR3t_rqIQdpY3SyFPwGm-fBS06UuEFQ8KfGoQ9xi0YI7G6TbeteN5W_wpQ)

Currently, only January -March is posted to register for but you can add all three months into your cart and register for those all at once. Any additional questions or if you are in need of an interpreter, please contact the site nearest you <https://intermountainhealthcare.org/medical-specialties/general-surgery/bariatric>