

**L.A. Bariatrics**  
**Support Group: Marina Del Rey Hospital**

***Postoperative***

**Facilitated by Marilyn Calzadilla, PsyD,**

**WHEN: Thursday 5:00- 6:30 pm**

**WHERE: L.A. Bariatrics**  
**4644 Lincoln Blvd., Ste 450**  
**Marina Del Rey, CA 90292**

**WHO: Post-operative Bariatric surgery patients**  
**As this is an adult setting, we request that no children attend.**

**CONFIDENTIALITY STATEMENT:**

**Discussions held within the confines of this support group are to be honored, respected and deemed confidential and not to be shared with others outside of the group.**

**FORMAT:**

- **Introductions**
- **Discussion (topic driven/current events)**
- **Open forum**

**TOPICS:**

<b>MONTH</b>	<b>DATE</b>	<b>TOPIC</b>
<b>January</b>	<b>01/12/2012</b>	<b>Emotional Eating Part 1</b>
<b>February</b>	<b>02/09/2012</b>	<b>Emotional Eating Part 2</b>
<b>March</b>	<b>03/08/2012</b>	<b>Emotional Eating Part 3</b>
<b>April</b>	<b>04/12/2012</b>	<b>Stress Management Part 1</b>
<b>May</b>	<b>05/10/2012</b>	<b>Stress Management Part 2</b>
<b>June</b>	<b>06/07/2012</b>	<b>Stress Management Part 3</b>

**L.A. Bariatrics  
Support Group: Marina Del Rey Hospital**

***Postoperative***

**Facilitated by Bridgette Agee, RN, Julie Oldenburg, RD, and Kerry Willard, PT**

**WHEN: 10:00 am to 11:30**

**WHERE: Marina Del Rey Hospital  
4650 Lincoln Blvd.  
Marina del Rey, CA 90292  
Playa Conference Room**

**WHO: Post-operative Bariatric surgery patients one year or less.  
As this is an adult setting, we request that no children attend.**

**CONFIDENTIALITY STATEMENT:**

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**FORMAT:**

- **Introductions**
- **Discussion (topic driven/current events)**
- **Open forum**

**TOPICS:**

<b>MONTH</b>	<b>DATE</b>	<b>TOPIC</b>
<b>January</b>	<b>01/21/2012</b>	<b>Label Reading</b>
<b>February</b>	<b>02/18/2012</b>	<b>Patient Celebration</b>
<b>March</b>	<b>03/17/2012</b>	<b>Exercise – Deciphering Facts from Fiction</b>
<b>April</b>	<b>04/21/2012</b>	<b>Going Green in the Kitchen</b>
<b>May</b>	<b>05/19/2012</b>	<b>Fitness and Exercise Trends</b>
<b>June</b>	<b>06/16/2012</b>	<b>Plastic Surgery After Weight Loss – Dr. Stoker</b>

**L.A. Bariatrics  
Support Group: Marina Del Rey Hospital**

***Postoperative***

**Facilitated by Bridgette Agee, RN, Julie Oldenburg, RD, and Kerry Willard, PT**

**WHEN: 11:30 am to 1:00pm**

**WHERE: Marina Del Rey Hospital  
4650 Lincoln Blvd.  
Marina del Rey, CA 90292  
Playa Conference Room**

**WHO: Post-operative Bariatric surgery patients- one year or more.  
As this is an adult setting, we request that no children attend.**

**CONFIDENTIALITY STATEMENT:**

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**FORMAT:**

- **Introductions**
- **Discussion (topic driven/current events)**
- **Open forum**

**TOPICS:**

<b>MONTH</b>	<b>DATE</b>	<b>TOPIC</b>
<b>January</b>	<b>01/21/2012</b>	<b>Label Reading</b>
<b>February</b>	<b>02/18/2012</b>	<b>Patient Celebration</b>
<b>March</b>	<b>03/17/2012</b>	<b>Exercise- Deciphering Facts from Fiction</b>
<b>April</b>	<b>04/21/2012</b>	<b>Going Green in the Kitchen</b>
<b>May</b>	<b>05/19/2012</b>	<b>Fitness and Exercise Trends</b>
<b>June</b>	<b>06/16/2012</b>	<b>Plastic Surgery After Weight Loss – Dr. Stoker</b>