

L.A. Bariatrics

*Preoperative Patients- Mandatory (2)*

Support Group: Marina Del Rey Hospital

Facilitated by Bridgette Agee, RN, Julie Oldenburg, RD, Marylin Calzadilla, PsyD, and Kerry Willard, PT

WHEN: 1:00 pm to 2:00 pm

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

WHO: Pre-operative bariatric surgery patients. As this is an adult setting, we request that no children attend. Please arrive on time, all sign-in sheets will be picked up 15 minutes after the start of the group.

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:

MONTH	DATE	TOPIC
July	07/17/2010	Preparing for Surgery- Part 1 -Nutrition-1
August	08/21/2010	Family Reunion
September	09/18/2010	Preparing for Surgery- Part 2- Nutrition - 2
October	10/16/2010	Preparing for Surgery- Part 3- Physical
November	11/20/2010	Preparing for Surgery- Part 4- Psycho-Social
December	12/18/2010	Preparing for Surgery- Part 5- Medical

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

*Postoperative*

Facilitated by Bridgette Agee, RN, Julie Oldenburg, RD, Marilyn Calzadilla, PsyD, 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.

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FORMAT:

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

TOPICS:

MONTH	DATE	TOPIC
July	07/17/2010	Supermarket Sweep
August	08/21/2010	Family Reunion
September	09/18/2010	Avoiding Vitamin Deficiencies - Heather Stern
October	10/16/2010	Benefits of Exercise
November	11/20/2010	Preparing for the holidays
December	12/18/2010	Back 2 Basics - Boot camp

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*Postoperative*

Facilitated by Bridgette Agee, RN, Julie Oldenburg, RD, Marilyn Calzadilla, PsyD, 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:

MONTH	DATE	TOPIC
July	07/17/2010	Dinning Out
August	08/21/2010	Family Reunion
September	09/18/2010	Avoiding Vitamin Deficiencies - Heather Stern
October	10/16/2010	Exercise Overview
November	11/20/2010	Preparing for the holidays
December	12/18/2010	Back 2 Basics - Boot Camp