

# **UCD Gastric Bypass Long-Term Support Group Meetings for 2009**

UC Davis Medical Center

*For patients who had surgery at least one year ago*

January 20 – Fitness in the New Year!

February 17 – Weight-Life Skills - Cognitive Behavioral Strategies

March 17 – Open

April 21 - Malnutrition after Bariatric Surgery

May 19 – Reversing Weight Regain

June 16 - Mindful Eating

July 21- Bariatric Surgeon

August 18 – Relapse Prevention

September 15 - Emotional Eating

October 20 – Holiday Survival Guide

November 17 - Open

December 15 – Weight Management/Obesity Updates

*All meetings start at 6:30 p.m. at the Patient Support Services Building at 4150 “V” Street on the UCD Med Center campus unless otherwise noted*