

2018 Weight Loss Surgery Support Group Schedule

LOCATION:

UTP The Davis Clinic
10125 Katy Freeway, Suite 106
Houston, TX 77024

Gabrielle Rodriguez, MA, LPC

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Time: 6:00PM – 7:00PM

4th Tuesday of every Month, unless otherwise noted

*Note topics & facilitators are subject to change

Date	Topic	Facilitator
1.23.18	Setting goals and intentions for the new year	Gabrielle
2.27.18	Nutrition review and label reading	Rukhama
3.27.18	Managing cravings and emotional eating	Gabrielle
4.24.18	Environmental challenges	Rukhama
5.22.18	How to optimize your weight loss 1-2 years after surgery	Gabrielle
6.26.18	Recipe modifications and swap	Rukhama
7.24.18	Stress management skills and practice	Gabrielle
8.28.18	Plastic Surgery	Dr. Rednam - HPCS
9.25.18	Tips for enjoying holidays and special occasions	Gabrielle
10.23.18	Supplements for the bariatric patient	Elizabeth Landry – Bariatric Adv.
11.27.18	Cross addictions and regaining control of your life	Gabrielle
December	Holiday party	TBD