UT Physicians
A Part of UTHealth

2019 Weight Loss Surgery Support Group Schedule

Education and peer support meetings are for everyone, whether you have had surgery or are considering surgery. These meetings are meant to provide support with lifestyle changes, and maintaining this new lifestyle to ensure long-term success

Date	Topics
1.15.19	Back to the Nutrition Basics
2.19.19	Staying on Track in the New Year
3.19.19	Managing Cravings and Emotional Eating
4.16.19	Travel Strategies
5.21.19	How to Optimize Your Weight Loss 1-2 Years After Surgery
6.18.19	Recipe Modifications and Swap
7.16.19	Supplements for the Bariatric Patient
8.20.19	Plastic Surgery
9.17.19	The Most Important Meal of the day: Breakfast or Dinner?
10.15.19	Stress Management Skills and Practice
11.19.19	Celebrating During the Holidays
December	Holiday party

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

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Time: 6:00PM – 7:00PM
3rd Tuesday of every Month, unless otherwise noted

*Note topics & facilitators are subject to change