

2020 Weight Loss Surgery Support Group Topics

January 7 6:30-8:00 p.m.	New Year's Resolutions: How to keep them Elizabeth Bradley
February 4 6:30-8:00 p.m.	The Effect of Bariatric Surgery on Relationships Curt Wilkins
March 3 6:30-8:00 p.m.	Mindful Eating Katrina Casey
April 7 6:30-8:00 p.m.	Plastic Surgery Dr. Rita Sadowski
May 5 6:30-8:00 p.m.	Yoga and Meditation with Mary Pratt Fitness with Cara Ferrone
June 2 6:30-8:00 p.m.	Cooking with the Bariatric Surgeon Dr. Philip Cohen
July 7 6:30-8:00 p.m.	Cross Addictions Katrina Casey and Curt Wilkins
August 4 6:30-8:00 p.m.	Clothing Swap
September 1 6:30-8:00 p.m.	Sleep Hygiene Dr. Theresa Arpin
October 6 6:30-8:00 p.m.	Pharmacological Weight Loss Dr. Samir Kailani
November 3 6:30-8:00 p.m.	Holiday Recipe Swap and Holiday Eating Strategies Meaghan Healey
December 1 6:30-8:00 p.m.	Preparing for Surgery Pat Sabatino and Michelle Bernard

*All Support Groups are held in Conference Room A at Milford Regional Medical Center.