

Bariatric Surgery Support Group

If you are thinking about weight-loss surgery or have a history of weight-loss surgery, consider a free, professionally led support group.

This group provides an opportunity to discuss issues surrounding bariatric surgery including diet, supplements, meal planning, stress eating and how to cope with holidays and eating out.

Those who attend will gain healthy habits and share tips for success.

The group meets the fourth Thursday of each month (except November) from 5:30 pm to 6:30 pm at the **RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, Scotch Plains.**

Registration is suggested. To register call **Community Education** at **732.499.6193.**

2018 SUPPORT GROUP MEETINGS @ 5:30

JANUARY 25 Goal Setting: how to succeed in achieving your dreams.

FEBRUARY 22 The Month of Love! Learn to love yourself and accept where you are in your journey. How self-acceptance plays a role in promoting weight loss and serenity

MARCH 22 Practicing the Art of Mindfulness: How paying attention can change your perception and your weight.

APRIL 26 Emotional Eating: Why do we eat when we're sad, lonely, angry, stressed or happy?

MAY 24 Let's Get Moving! Addressing procrastination and thought patterns that divert your activity goals. Learn fun ways to increase your energy and stamina.

JUNE 28 Healthy Summer Eating.

JULY 26 Protein and Produce: Are you getting enough?

AUGUST 23 Vitamins, Minerals and Water: The essential non-caloric nutrients

SEPTEMBER 27 Back To School. Learn to Shop Smart!! Learn everything you ever wanted to know about labels including the math necessary to calculate your nutritional needs while sparing your wallet

OCTOBER 25 Relationships & support systems: How they affect your weight and health.

NOVEMBER 29 Holidays: How to eat healthy and enjoy the holidays.

DECEMBER 27 Reflections: What have I learned from my weight loss journey? Share your story and help someone else.

**Robert Wood Johnson
University Hospital
Rahway**

**RWJ Barnabas
HEALTH**

Let's be healthy together.