

UPMC Hamot Bariatric Surgery Support Group

UPMC Hamot Bariatric Surgery and Weight Management Center welcomes you to our Bariatric Support Group meeting the third Wednesday of every month at the *Magee-Womens, UPMC Hamot Lincoln Center* on the UPMC Hamot Campus at 118 E. 2nd Street, Erie, PA.



PLEASE JOIN US !!

Meetings begin at 6pm and there is no registration required. We feature guest speakers to discuss a wide

variety of bariatric related topics. We also invite successful patients to share their stories and answer questions from the group.

WEATHER CONDITION ALERT

If ERIE is experiencing severe weather on a scheduled support group day, please call our office to make sure the event is still in session. If possible, cancellation alerts will be advertised on local radio and television stations. We will also post a notification on mylap-surgeon.com under NEWS and EVENTS as well as on our Facebook page (see below).

For pre and post op patients...

JOIN OUR CLOSED GROUP on **Facebook** at:

***Your Bariatric Life with UPMC
Hamot Bariatrics***

UPMC Hamot Bariatric Surgery and Weight Management Center

Support Group 2019

UPMC Hamot Bariatric Surgery and
Weight Management Center
300 State Street, Suite 400A
Erie, PA 16507

Tel: 814-877-6997

2019 Agenda

- January 16** LADIES Forum Q & A
- February 20** OPEN FORUM with Dr. ALI
- March 20** Rick States...Safe Harbor Behavioral Health of UPMC Hamot...Mindfulness, Healthy Activities, and Tai Chi
- April 17** Dr. Laura Figura...Presque Isle Plastic Surgery...Post Bariatric Body Contouring
Erica Hinsdale...Fitchicks...Fitting exercise into your day, Where to begin, Fitness Center intimidation & alternatives at home
- May 15** PROTEIN TASTING 6pm (NO POST OP GROUP AT 5pm)
- June 19** Jayme Covert...Moderator of Bradford bariatric support group
- July 17** UPMC Centers for Rehab Services...Aquatic exercise, neuro/balance therapy, and inpatient mobility, transitioning to home health and outpatient therapy.
- August 21** Debra Weismiller...Unit Director of UPMC Hamot 6 South...Your hospital stay and what to expect
- September 18** Jenna Nagel...Clinical Exercise Physiologists at UPMC Healthy Living...
class offerings, exercise band demonstrations
Josh Henry...Respiratory Therapist at UPMC Hamot Cardiac Rehab...Sleep Apnea
- October 16** Dr. Robert Mailliard PsyD...purpose of the psych evaluation and post-operative adjustments
- November 20** Heidi Gianaris...UPMC Hamot Nutritionist...Fad diets!!
- December 18** GENTLEMANS Forum Q & A

