

Bariatric & Weight Management Support Group 2020

Location: Clara Maass Medical Center-Continuing Care Building-Learning Center

Address: 1 Clara Mass Medical Center, Belleville NJ, 07109

Facilitators:

- Linette Y. Castro, Bariatric Nurse Navigator
- Silvana Blanco, Registered Dietitian
- Kristen Carlino, Registered Dietitian

For more information, please call **973-450-2476**.



<p>January 6, 2020-7pm <u>Self-Care & Stress Relief</u> Learn how stress affects weight management and methods for coping with stress.</p>	<p>February 3, 2020-7pm <u>Psychologist Lead Support Group with Debra Gill, PhD</u></p>	<p>March 2, 2020-7pm <u>Sleeping for Weight Management</u> Learn about how improved sleep helps with weight management and tips for better quality sleep especially for shift workers. Guest Speaker: Maria Dimi, RT</p>
<p>April 6, 2020-7pm <u>Psychologist Lead Support Group with Debra Gill, PhD</u></p> 	<p>May 11, 2020-7pm <u>Supermarket Tour</u> Come to ShopRite in Belleville to explore new products and learn how to navigate the healthy and not so healthy areas of the store. Location: 726 Washington Ave, Belleville, NJ 07109 Guest Speaker: Rebecca Zeltman, RD</p>	<p>June 1, 2020-7pm <u>Psychologist Lead Support Group with Debra Gill, PhD</u></p>
<p>July 6, 2020-7pm <u>Exercise for Every Body</u> Learn how to personalize your exercise routine based on your body's strengths and limitations.</p>	<p>August 3, 2020-7pm <u>Psychologist Lead Support Group with Debra Gill, PhD</u></p>	<p>September 14, 2020-7pm <u>Mindful Eating</u> Learn mindful eating skills that can help resolve the mindless habits and emotional eating that may lead to issues with weight management.</p>
<p>October 5, 2020-7pm <u>Psychologist Lead Support Group with Debra Gill, PhD</u></p>	<p>November 2, 2020-7pm <u>Plastic Surgery After Weight Loss</u> Learn what plastic surgery options are available to you after significant weight loss. Guest Speaker: Dr. Sanjay Lalla Board Certified Plastic Surgeon</p>	<p>December 7, 2020-7pm <u>Psychologist Lead Support Group with Debra Gill, PhD</u></p>