

Center for Bariatrics at Monmouth Medical Center

New Patient Lecture Series



An ASMBS (American Society for Metabolic and Bariatric Surgery) ACS (American College of Surgeons) MBSAQIP accredited comprehensive bariatric center

For those considering a bariatric procedure, the most up-to-date information on laparoscopic gastric bypass surgery, duodenal switch and sleeve gastrectomy is available through the new patient lecture series held monthly at Monmouth Medical Center. Afternoon and evening sessions are available.

The professionally run support group meets from 7 to 9 p.m. in Stanley 206, 212 and 214 for individuals who have undergone or are considering surgical weight loss procedures at Monmouth Medical Center.

Discussions are led by Center for Bariatrics multidisciplinary team members, including the program director, registered dietitian and clinical psychologist.

2019 Schedule

Monmouth Medical Center, 300 Second Avenue, Long Branch

New Patient Lecture is offered from 6 - 7 p.m. in the SeaBreeze Cafe and the Support Group Meeting is from 7 - 8:30 p.m. in Stanley 206, 212 and 214 with the following topics:

- ▶ January 17: Label Reading/Pantry Shopping (*Stanley 212/214*)
- ▶ February 21: Getting Ready/Staying motivated (*Stanley 212/214*)
- ▶ March 21: Guest Speaker (*Stanley 206/212/214*)
- ▶ April 18: Exercise (*Stanley 206/212/214*)
- ▶ May 16: Protein/Vitamins supplements (*Stanley 206/212/214*)
- ▶ June 20: Expectations (*Stanley 206/212/214*)
- ▶ July 18: Label Reading/Pantry Shopping (*Stanley 206/212/214*)
- ▶ August 23: Getting Ready/Staying motivated (*Stanley 206/212/214*)
- ▶ September 19: Guest Speaker (*Stanley 206*)
- ▶ October 17: Protein/Vitamins supplements (*Stanley 206/212/214*)
- ▶ November 21: Holiday Planning (*Stanley 206/212/214*)
- ▶ December 19: Exercise (*Stanley 206/212/214*)

New Patient Lectures ONLY from 3 - 4:30 p.m. in the SeaBreeze Cafe.

- ▶ January 14
- ▶ February 11
- ▶ March 11
- ▶ April 8
- ▶ May 13
- ▶ June 10
- ▶ July 8
- ▶ August 12
- ▶ September 9
- ▶ October 7
- ▶ November 4
- ▶ December 9

Pre-registration is required. Call **1.888.724.7123**

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