



2016 Bariatric Support Group Schedule 6-7 PM

Building 200/AtlantiCare Life Center
(At the corner of Delilah Rd and English Creek Ave.)

Date	Topic
January 4 th	Devices for fitness
January 18 th	Speaker: Bruce Heon, Executive Director of the Life Center
February 1 st	Cooking Demonstration
February 15 th	Keeping Focus on Resolutions
March 7 th	Speaker: Marcel Tabone, Psychologist : Depression
March 21 st	Sleep and it's Effect on Weight Loss
April 4 th	Speaker: Dr. Saad, Cosmetic and Reconstructive Surgeon
April 18 th	Book Reviews
May 2 nd	Cooking Demonstration/ Summer Time Eating
May 16 th	Food Apps & Websites
June 6 th	Eating Smart While on Vacation
June 20 th	High Protein Foods & Snacks
July 11 th	Outdoor Activities
August 1 st	Cooking Demonstration
August 15 th	Perceptions Around Weight Loss
September 14 th	Functional Foods
September 21 st	Back to School
October 12 th	Cooking Demonstration
October 26 th	Halloween Candy Scare
November 9 th	Speaker: Marcel Tabone, Psychologist– Holiday Eating
November 30 th	Holiday Season Feasting
December 14 th	Holiday Party