

Announcing the 2012 bariatric *support groups*

Continue your weight loss success or allow us to help you get back on track by attending these free support groups offered by Mercy Weight Loss & Nutrition Center. Each monthly support group will include a brief educational discussion along with a question and answer period. A Mercy dietitian, mental health counselor and a bariatric clinic nurse will also be on-hand to answer your questions.

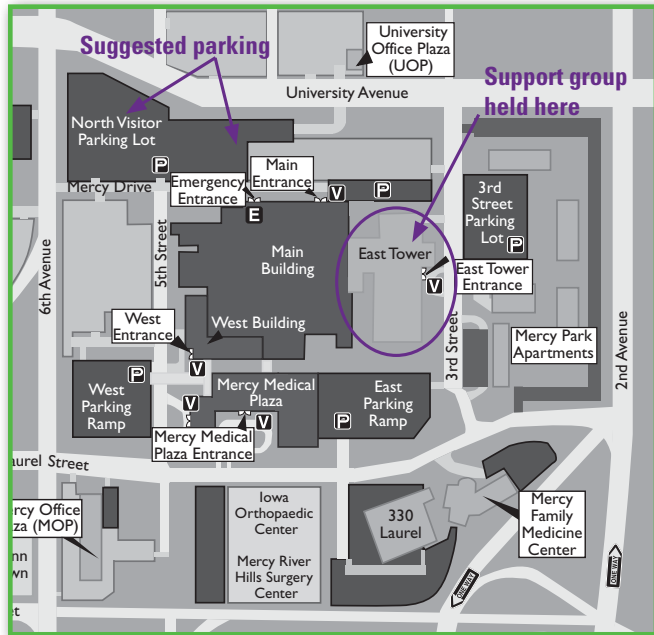
All support groups will be held from 5:30-6:30 p.m. in Mercy East Tower Conference Center rooms 1 and 2 on Mercy's Central Campus.

Jan. 3, 2012	Lapse, Relapse and Collapse
Feb. 7, 2012	Significant Weight Loss and the Impact on Interpersonal Relationships
March 6, 2012	Plastic Surgery after Bariatric Surgery Weight Loss
April 3, 2012	Organize Your Plate
May 1, 2012	Food, Health and Disease: How to Make the Connections Work for You and Not Against You
June 5, 2012	Cooking Quick and Light
July	(No support group) Happy Independence Day!
Aug. 7, 2012	Clear, Concise and Safe Communication Techniques
Sept. 4, 2012	Samples, Coupons and Recipes, Oh My!
Oct. 2, 2012	Sugar, Our Sweet Addiction
Nov. 6, 2012	Managing Weight Loss Plateaus
Dec. 4, 2012	Maintaining our Goals

For more information, please call (515) 358-9400
or visit www.mercydesmoines.org/weightloss

Make plans now to attend our support groups in 2012 to help ensure continued **long-term weight loss** to help you live a healthier life.

Where to find our monthly classes:



1111 6th Ave.
Des Moines, IA 50314-2611

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Turn over for the 2012 schedule