



Back to Basics After Weight Loss Surgery

Have you been struggling after weight loss surgery?

Have you still not reached your goal, or have you regained weight?

Our goal is to help you succeed. St. Luke's "Back to Basics After Weight Loss Surgery" program is designed for any weight-loss surgery patient (from any program) who is at least 12 months post-surgery and may be struggling to get to their goal weight or who has been regaining weight.

You can participate in our behavioral health or nutrition segments separately, or register for the entire 8-week session at a discount.

Seating is limited to 18 participants.

ALLENTOWN, PA

FALL 2019

4 Nutrition Sessions

Tuesdays

September 10

September 17

September 24

October 1

AND/OR

4 Behavioral Health Sessions

October 8

October 15

October 22

October 29

TIME:

6:00 – 7:30 pm

LOCATION:

St. Luke's Weight Management
Classroom

240 Cetronia Road

Suite 220 South

Allentown, PA 18104

CONTACT:

Terri Davis, RN, CBN

610-628-8317

MONROE (STROUDSBURG, PA)

FALL 2019

4 Nutrition Sessions

Tuesdays

September 10

September 17

September 24

October 1

AND/OR

4 Behavioral Health Sessions

October 8

October 15

October 22

October 29

TIME:

6:00 – 7:30 pm

LOCATION:

St. Luke's Weight Management
Center

1581 N. 9th Street

Stroudsburg, PA 18360

CONTACT:

Lenore Fichtel, RN, BSN

272-212-0365

WARREN (PHILLIPSBURG, NJ)

FALL 2019

4 Nutrition Sessions

Wednesdays

September 11

September 18

September 25

October 2

AND/OR

4 Behavioral Health Sessions

October 9

October 16

October 23

October 30

TIME:

6:00 – 7:30 pm

LOCATION:

St. Luke's Weight Management Center

755 Memorial Parkway

Hillcrest Plaza

Building 300 Suite 302

Phillipsburg, NJ 08865

CONTACT:

Lenore Fichtel, RN, BSN

272-212-0365

See reverse side for Nutrition and Behavioral Health topics, Registration and Cost.

REGISTRATION INFORMATION

Seating is limited to 18 participants.

Registration is required.

To register, go to the Event Calendar on St. Luke's web site:

<https://go.activecalendar.com/sluhn/> and search "Basics"

Registration for the class will be complete once payment is received.

All sessions must be paid for in advance and are non-refundable.

Manual is included.

COST:

\$60.00 for the 4 Nutrition Sessions

\$60.00 for the 4 Behavioral Health Sessions

\$95.00 for all 8 Sessions

TOPICS:

NUTRITION SESSIONS

- Goals for Successful Maintenance
- Food Journals & Food Labels
- Dining Out & Meal Planning
- Exercise & Vitamins

BEHAVIORAL HEALTH

- Weight Management Struggles & Goal Setting
- Behavioral Health Concerns
- Addiction & Bariatric Surgery
- Weight Loss Management Discussion

For more information, call the contact person for the location where you want to attend.

CONTACT for MONROE & WARREN:

Lenore Fichtel, RN, BSN
272-212-0365

CONTACT for ALLENTOWN:

Terri Davis, RN, CBN
610-628-8317