



## St. Luke's Bariatric Surgery Support Group



*Registration is not necessary.*

*Please, no children; adults age 18 years and older only.*

*Join our Facebook page by searching St. Luke's Bariatric Patient Forum.*

This support group is highly recommended and strongly encouraged for patients who have undergone or are considering weight loss surgery. These sessions cover a variety of issues from nutrition, exercise and lifestyle changes necessary to stay healthy and maintain success.

**Our group meets the 2<sup>nd</sup> Monday of each month from 6:30 to 8:30 pm in the ground level conference room of St. Luke's Monroe Campus, 100 St. Luke's Lane, Stroudsburg, PA.**

### **Gardening – Tips from the Pros**

**Monday, May 14, 2018**

Heidi Secord of Josie Porter Farms in Stroudsburg will present tips and share expertise on fruit and vegetable growing at home and offer guidance on seasonal fresh foods. Heidi has over twenty years of experience and hands on management of agricultural enterprises, community projects and cooperative development programs including working with women's small business co-ops during her tenure in the United States Peace Corps 1992-1994.

### **Open Forum: Relationships after Weight Loss**

**Monday, June 11, 2018**

Why isn't my friend returning my call? Why does my sister try to sabotage my diet? A volunteer panel of patients will discuss & answer questions on the ways relationships may change and evolve after bariatric surgery.

### **Summer Fruits and Veggie Cooking Demonstration**

**Monday, July 9, 2018**

What is a jicama? How do I cut a mango with ease? Want some new recipes? Join us for a chef/RD demo of recipes based on the abundant fresh foods of the season. Come to observe, participate and taste!

### **Changing Negative Thoughts and Increasing Self-Esteem**

**Monday, August 13, 2018**

Positives surround us each day but often we tend to focus on the negatives. How can we help ourselves to see the great things within us? Barbara Migliaccio, LCSW, our social worker will present on techniques to help decrease negative self-talk and tools to boost positive thinking. We will also be having a clothing swap this evening!