

Fresh Beginnings

UAB Hospital Bariatric Support Group 2010 Schedule

All “Fresh Beginnings” meetings will be held in the West Pavilion Conference Center Room E, except unless you are notified by the staff.

January 25, 2010 @ 6:30pm

Speaker: Dr. Jayleen Grams

Assistant Professor,

UAB Department of Surgery, Bariatric Surgery Services

Topic: “A New You”

February 22, 2010 @ 6:30PM

Speaker: Allison Kay, RN

Quality of Life Medical

Topic: “Why Your Body Needs B 12”

March 29, 2010 @ 6:30pm

Moderator: Deborah Thedford, RN

(call Deborah to tell your story 205 996 6984)

Topic: Patient Panel

April 26, 2010 @ 6:30PM

Speaker: Nursing Staff 7 North

Certified Bariatric Nurses

Topic: “Your Care Needs Immediately After Bariatric Surgery”

May , 2010

NO MEETING!

June 28, 2010 @ 6:30PM

Speaker: Deborah Thedford, RN

Coordinator Bariatric Surgery UAB Hospital

Topic: UAB Weight Loss Program

July 26, 2010 @ 6:30PM

Speakers: Merritt White, RN

Bariatric Clinic Nurse

Topic: “Follow Up Visits”

August 30, 2010 @ 6:30PM

Speaker: Mary Lou Ziroli, RD, CDE

Kirklin Clinic Educator

Topic: “Nutrition and Bariatric Surgery”

September 27, 2010 @ 6:30PM

Speakers: Jaime Stuteville

Patient Support Specialist

Topic: “Approval From Insurance”

October 25, 2010 @ 6:30PM

Speaker: "Round Table"

Topic: "My Success After Surgery", "I Wish They Had Told Me This...", "I Would Do It Over Again", "Concerns I Have", etc

November 29, 2010 @ 6:30PM

Open House

Tour of UAB Bariatric Unit

**At each meeting we will have an exercise tip for the month presented by
Brian King, PT**

Physical Therapy Department UAB Hospital

For information on Pool Program and Post Surgical Exercise call 205 934 1163.

No Meeting In May or December 2010

**We always meet the last Monday of the month, except May and
December. You are welcome to bring friends, family or co
workers to the meeting.**

We ask that everyone sign in when attending the meetings.

If you need more information contact:

Dr. Ronald Clements office 205-934-7877

Dr. Jayleen Grams office 205-934-7877

Deborah Thedford RN, Coordinator 205-996-6984

Merritt White RN, Clinic Nurse 205-934-6355

**You are welcome to attend the Free Bariatric Community
Seminars held the second Thursday of each month in the West
Pavilion Board Room, beginning at 6PM (attendance will count as one
support group meeting if attended before surgery). The seminars are open to
the public. Come and learn more about the different operations to treat
obesity.**

UAB MEDICINE

Medicine that touches the world.