

Fresh Beginnings Support Group Birmingham

UAB Hospital Bariatric Support Group 2012 Schedule

All "Fresh Beginnings" meetings at UAB Hospital will be held in the West Pavilion Conference Center Room E, unless listed on the schedule.

NO MEETINGS MAY and DECEMBER 2012 in Birmingham.

Please consider the weather before traveling to a meeting. If the meetings are cancelled due to bad weather, a greeting will be left on the telephone number 205-996-6984.

January 30, 2012 @ 6:30 PM

**Speaker: Lindsey Lee Westbrook
Clinical Dietician EatRight Program
Topic: Nutrition for the New Year**

February 27, 2012 @ 6:30 PM

**Speaker: Dr. Richard Stahl
Director of Bariatric Surgery,
University of Alabama Hospital and Kirklin Clinic
Topic: Back-On-Track**

March 26, 2012 @ 6:30 PM

**Speaker: Patient Panel
Panel Discussion
Topic: My Weight loss Journey: The Psychological Aspect**

April 30, 2012 @ 6:30 PM

**Speaker: Dr. Josh Long
Minimally Invasive Fellow
UAB Bariatric Surgery
Topic: Dumping Syndrome: What Is This?**

May 2012

NO MEETING!

June 25, 2012 @ 6:30 PM

**Speaker: Dana Chewitz
Bariatric Advantage
Topic: Supplements For the Weight loss Surgery Patient**

July 30, 2012 @ 6:30 PM

**Speaker: Kelly Whitten, RN
Coordinator Kirklin Clinic
Topic: Food Addictions**

August 27, 2012 @ 6:30 PM

**Speaker: Dr. Jayleen Grams
Bariatric Surgeon UAB Hospital and Kirklin Clinic
Topic: Transferring Addictions**

September 24, 2012 @ 6:30 PM

**Speaker: Nursing Staff of 7 North
University of Alabama Hospital
Topic: Care of the Bariatric Surgery Patient
(What to expect during your admission)**

October 29, 2012 @ 6:30 PM

**Speaker: Deborah Thedford
Bariatric Surgery Coordinator, UAB Hospital
Topic: The Importance of Support**

November 26, 2012 @ 6:30 PM

**Fashion, Award and Benefit Event
Margaret Cameron Spain Auditorium**

(Please call if you would like to participate by modeling and share your successes)

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 2012 in Birmingham at UAB Hospital.

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 meetings.

We ask that everyone sign in when attending the meetings.

For more information, contact:

Dr. Richard Stahl or Dr. Jayleen Grams @ 205-975-3000

Deborah Thedford RN, Coordinator @ 205-996-6984, email:

dthedfor@uabmc.edu

Kara Snively, RN @ 205-975-3000

Jaime Stuteville, Patient Support Specialist @205-975-3000

Please Register/Sign Up

Call 205-996-6984, or

Email dthedfor@uabmc.edu

You are also welcome to attend the Free Bariatric Community Seminars held the **second Thursday of each month** in the West Pavilion Board Room, beginning at 6 PM in Birmingham (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.

**Class will not be held only if there are participants signed up!
You must register by 10 am on the day of the class.**

UAB Hospital has retained "full approval" of reaccreditation and will remain officially recognized as an "American College of Surgeons Level 1 Bariatric Center of Excellence", as of December 8, 2009.

UAB Support Group-Montgomery Alabama

You are invited to attend the UAB Fresh Beginnings support group in Montgomery, Alabama the third Thursday of each month at 6 PM.

**Baptist Hospital South
Montgomery Cardiovascular Institute
2119 East South Boulevard
Montgomery Alabama 36116
Auditorium in the Basement
Jackie Byrd 334-551-2010
jbyrd@uabmontgomery.com
Please plan to arrive before 6 PM.**

(You will be given credit for pre-op visits only if a staff member from UAB Hospital is present at the meetings attended before your surgery.)

We invite all of our patients in this area to attend. There are more than 300 of our patients in this area. Remember your commitments when you began the process to have your weight loss surgery (WLS), life style changes, keeping your follow up doctors' appointments and joining a support group, just to name a few. Are you keeping your commitments? We pledge to keep ours! Staff from UAB Hospital will attend the meetings in Montgomery at least quarterly.

We want to make sure that you receive credit for attending the support group meetings, so please be sure to sign in when you attend. The sign in sheet is your proof that you attended the meetings. Please print legible and include your email address.

THERE WILL NOT BE A MONTGOMERY MEETING IN January, May, July or November 2012! You are welcome to attend the other scheduled meetings.

Please check the weather forecast before traveling to the meetings. If the weather is inclement, we will cancel the meeting. Your safety is important to us! Please call 205 996 6984, if you have questions.

*Baptist Hospital Map Attached.
Meet in Auditorium in the Basement*

**Speakers may change without prior notice!
Agenda Fresh Beginnings Support Group Montgomery, Alabama**

January 2012

NO MEETING

February 16, 2012 @ 6 PM

**Speaker: Panel Discussion Members
Topic: Your Successes!!!**

March 15, 2012 @ 6 PM

**Speaker: Dr. Richard Stahl
Director of Bariatric Surgery Services
University of Alabama Hospital and Kirklin Clinic
Topic: Myths of Weight loss Surgery**

April 19, 2012 @ 6 PM

**Moderator: Jackie Byrd
Administrative Assistant
Topic: Recipe Exchange
(Bring your favorite recipe to share. Please make copies to exchange. You may bring a sample to share with the group)**

May 2012

NO MEETING

JUNE 21, 2012 @ 6 PM

**Speaker: Deborah Thedford RN
Bariatric Coordinator
Topic: The Importance of Support**

July 2012

No Meeting

August 16, 2012 @ 6 PM

**Speaker: Kelly Whitten, RN
Coordinator Infection Disease Kirklin Clinic
Topic: Food Addictions**

September 20, 2012 @ 6 PM

**Speaker: Dr. Jayleen Grams
Bariatric Surgeon
University Hospital and Kirklin Clinic
Topic: Keeping Your Commitments**

October 18, 2012 @ 6 PM

**Speaker: Dr. Karl Kirkland, Psychologist
University of Alabama and Baptist Hospital, Montgomery Alabama
Topic: "Conscious vs. Unconscious Eating"**

NO MEETING in NOVEMBER 2012!

Happy Thanksgiving!

December 20, 2012 @ 6 PM

**Holiday Celebration/ Pot Luck
Picture Sharing
Success!**

*UAB Health System . . . Medicine that touches the world.
UAB Montgomery Bariatric Support Group
Baptist Hospital South
Jackie Byrd 334-551-2010
Or contact
Deborah Thedford
dthedfor@uabmc.edu
205-996-69984*

***Please check weather report for inclement weather watch!!!
Please call the office if questions about meeting dates and cancellations***

Please make sure we have your email address for faster information!