

## **Agenda Fresh Beginnings Support Group**

**Montgomery, Alabama**

**2010**

**January 21, 2010 @ 6 PM**

Speaker: Dr. Jayleen Grams  
UAB Hospital Assistant Professor  
Topic: UAB Bariatric Surgery Service

**February 18, 2010 @ 6 PM**

Speaker: Allison Kay, RN  
Area Business Manager Strativa Pharmaceutical  
Topic: Vitamin B12

**March 18, 2010 @ 6 PM**

Speaker: Deborah Thedford, RN, MSN, CWOCN  
UAB Bariatric Coordinator  
Topic: The Importance of a Support Group

**April 15, 2010 @ 6 PM**

Speaker: Dr. Kenneth Ligarary  
UAB Health Endocrinologist  
Topic: Diabetes

**May 20, 2010 @ 6 PM**

Speaker: Jennifer Anderson, RN, MSN, MBA, CCRN  
Acute Care Clinical Account Manager, KCI  
Topic: Bariatric Surgery Hospital Equipment

**June 18, 2010 @ 6 PM**

Speakers: Father Ray Waldon  
Topic: My Experiences After WLS

**July 22, 2010 @ 6 PM**

Speaker: Dr. Karl Kirkland  
Psychologist UAB Health Systems  
Topic: Unconscious vs. Conscious Eating

**August 19, 2010 @ 6 PM**

Speaker: Deborah Thedford, RN, MSN  
UAB Bariatric Coordinator  
Topic: Staying On Track

**September 16, 2010 @ 6 PM**

Open House  
2nd (two) Year Anniversary  
Invite a lost WLS Patient

**October 21, 2010 @ 6 PM**

Speaker: TBA  
Topic: Nutrition

**November 18, 2010 @ 6 PM**

Speaker: Rebecca Hollingsworth  
Jackie Byrd  
Topic: Look At Us Now!

**December 16, 2009 @ 6 PM**

Pot Luck  
Picture Sharing  
Success!

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