

# Rose Bariatric Newsletter December 2010



## TOPIC OF THE MONTH



## Bariatric Eating and Surviving the Holidays

Holidays should be enjoyable! The trick is to be prepared. Don't set yourself up to feel guilty if you do eat or feel deprived if you vow not to eat or taste. Stay in control...here's how.

**PLAN AHEAD:** Identify your food triggers. Write down before hand what you are going to do to control that food trigger. Practice ahead of time and you will be prepared!

**EAT SOMETHING HEALTHY OR DRINK WATER BEFORE YOU GO OUT:** Avoid arriving to a party hungry. The social fun and being with others is the focus, not food.

**POSITIVE SELF TALK:** "I'm not going to eat chips, dips, sweets ...but a bite of that favorite thing that I only get during the holidays". If in a restaurant be the first to order so you are not influenced by others. "I used to \_\_\_\_, but this is the new me, making changes, being honest with myself and doing what I said I would do". Not only will you be proud of yourself, but those around you will smile at your success.

**BE THE SLOWEST EATER:** Keep your eye on others...be the last to start and the last to finish. You will enjoy the food more (texture, smell, taste and will feel satisfied with less).





**KEEP A PROPER PERSPECTIVE:** If you make a mistake, keep a positive attitude---bounce back! Your reaction to the eating is more important than the eating itself.

### **Survival Tips:**

- Do not take a holiday from your exercise. Continue normal workouts in addition to extra activities like power walking while shopping!!! Take a walk with your family after a meal (helps with digestion).
  - Volunteer to bring a low fat/low sugar holiday dish!
  - Limit alcohol intake. Avoid empty calories from alcohol and eat something at least 30 minutes beforehand. Remember: 1 drink after surgery=3 drinks before surgery
  - Most of all, **DON'T FEEL GUILTY**. Long-term weight loss and maintenance is a long-term effort and one day will not "make or break" your weight loss goal. If you "fall off the wagon", there is nothing stopping you from climbing back on!
- Modifying recipes without compromising taste doesn't require extra time, just quick, easy kitchen know-how. Subtle modifications may even improve your recipe's nutrition content.
- Omit the bottom crust of fruit pies and just use the top crust: pre-made graham cracker and ready made pie crusts are lower in calories than standard crusts: crushed gingersnaps are still lower fat.
  - Use 3 tablespoons of cocoa powder and 1 tablespoon of oil in place of baking chocolate.
  - Try substituting an equal amount of applesauce for at least half the oil, margarine or butter in muffins. Ex. Use 2 cups unsweetened applesauce instead of oil and egg in cake mixes. For dips, sauces, and pie toppings, use non-fat yogurt or fat-free sour cream. Non-fat yogurt works best in dishes that don't require heating.
  - Choose reduced fat or fat-free cheeses for salads and casseroles.
  - When making dessert, cut sugar by one third to one half by increasing the cinnamon, nutmeg, vanilla and other sweet tasting spices and flavorings.



# Bariatric Classes/Support Groups – December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><u>Post-Op Tele-Conf</u> 8:00am</p> <p><u>Bypass/Sleeve Suppt Group</u> 6:30-8:00pm</p>		<p>1 <u>1<sup>st</sup> Fill Class-7am</u></p> <p><u>Band Post-op Nutrition Classes:</u> Soft Food-8am Solid Food-9am</p> <p><u>Pre-op Nutrition Class:</u> 10am-12pm</p> <p><u>Bypass/Sleeve Post-op Nutrition Class</u> Pre-Select 1pm Soft Food-2pm Solid Food-3pm</p> <p><u>Exercise Littleton</u> 6:30pm <u>Exercise West</u> 6:30pm</p>	<p>2 <u>Bariatric Coach Class:</u> 6:30-8:00 PM Open to ALL – RSVP at 303-320-2118</p> <p><u>Free Exercise Tele-conference</u> 7:30-8:30p</p> <p><u>Teen Tele-Conf (&lt;20) Support Group</u> 8-9pm</p>	<p>3 <u>Young Adult Support Group</u> 6:30-8pm R.S.V.P - Kim</p>	<p>4  <b>Exercise Habits</b></p>
5	<p>6 <u>Pre-Op Tele-Conf</u> 8:00am</p> <p><u>1<sup>st</sup> Fill Tele-Conf</u> 5:00pm</p> <p><u>Exercise Thornton</u> 5:30pm</p>	<p>7 <u>Teleconference</u> 6:00 for teleconference. 1-888-737-5834 Participant # 109142 Please RSVP at 1-800-597-8527</p>	<p>8 <u>1<sup>st</sup> Fill Class-7am</u></p> <p><u>Band Post-op Nutrition Classes:</u> Soft Food-8am Solid Food-9am</p> <p>“Back to Basics” 10am-12noon</p> <p><u>Bypass/Sleeve Post-op Nutrition Class</u> Pre-Select 1pm Soft Food-2pm Solid Food-3pm</p> <p><u>Pre-op Nutrition Class:</u> 5-7pm</p> <p><u>Exercise Littleton</u> 6:30pm <u>Exercise West</u> 6:30pm</p>	<p>9 <u>General Tele-Conf Support Group</u> 8-9pm</p>	10	<p>11 <u>Free Seminar</u> Dr Michael Snyder 10am-12pm</p>
12	<p>13 <u>Post-Op Tele-Conf</u> 8:00am</p> <p><u>“Back to Basics” Support Group</u> 6:30-8:30pm</p> <p><u>Exercise Thornton</u> 5:30pm</p>	<p>14 <u>“Back to Basics” Tele-Conf – 5:pm</u></p>	<p>15 <u>1<sup>st</sup> Fill Class-7am</u></p> <p><u>Band Post-op Nutrition Classes:</u> Soft Food-8am Solid Food-9am</p> <p><u>Pre-op Nutrition Class:</u> 10am-12pm</p> <p><u>Bypass/Sleeve Post-op Nutrition Class</u> Pre-Select 1pm Soft Food-2pm Solid Food-3pm</p> <p><u>Exercise Littleton</u> 6:30pm <u>Exercise West</u> 6:30pm</p>	<p>16 <u>Teen Tele-Conf (&lt;20) Support Group</u> 8-9pm</p>	17	18
19	20	21	<p>22 <u>1<sup>st</sup> Fill Class-7am</u></p> <p><u>Post-op Nutrition Classes:</u> Soft Food-8am Solid Food-9am</p> <p><u>Exercise West</u> 6:30pm</p>	23	24	25
<p>26 </p>	<p>27 <u>Exercise Thornton</u> 5:30pm</p> <p><u>Rose Band Support Group</u> -6:30pm</p> <p><u>Free Seminar:</u></p>	28	<p>29 <u>1<sup>st</sup> Fill Class-7am</u></p> <p><u>Band Post-op Nutrition Classes:</u> Soft Food-8am Solid Food-9am</p> <p><u>Pre-op Nutrition Class:</u></p>	30	31	<p>25  <b>Merry Christmas</b></p>

<p><b>Balancing your Nutrition</b></p>	<p><i>Dr Staci Perlman</i> 7-9pm <u>Tele-conf Support Group – 8pm</u></p>		<p>5-7pm <u>Bypass/Sleeve Post-op Nutrition Class</u> Pre-Select 1pm Soft Food-2pm Solid Food-3pm <u>Exercise Littleton 6:30pm</u> <u>Exercise West 6:30pm</u></p>			
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To our Bariatric Patients,

The holidays are approaching and we are very excited about our new program offerings here at Rose. Be sure to watch for new and exciting classes. If you have never attended a Support Group, now is the perfect time of year as we get ready for 2011 to get the tips you need to remain successful in your weight loss journey.

If you have questions, you may contact us at 303-320-2118 or 303-320-2134.

Kim Delamont, Nurse Practitioner, Bariatric Directory

You may also E-mail your suggestions to us at [terri.lipsey@healthonecares.com](mailto:terri.lipsey@healthonecares.com) or [kim.delamont@healthonecares.com](mailto:kim.delamont@healthonecares.com) r

## **December Support Group Special Events & Announcements**

*\* All Rose Support Groups are supervised by our Bariatric Team\**

### ***Calling for Before & After Pictures!!***

*So many of you have done such an awesome job losing weight, we'd like to recognize you by having your picture in our Bariatric Center. If you have before and after pictures to inspire other's, please email them to [terri.lipsey@healthonecares.com](mailto:terri.lipsey@healthonecares.com) (PDF Files Please).*

### **"Athena's Closet" Plus Size Women's Consignment Store** **"Where all the goddesses shop"**



**You can visit Athena's at 5305 E. Colfax Ave., Unit B, Denver, Colorado 80220**

**Contact: 303-997-4336**

**Hours of operation: Tues.-Saturday 10:00AM to 6:00PM**

**Closed Sunday & Monday**



## **“Weight No Longer” Group Coaching Class & Support Group Members Have Released a Total of 216 Pounds!!!**

Are you at a plateau?

- Have you gained some unwanted pounds back?
- Are you having a hard time getting your mind in the right space for success?
- Could you use some support from a Coach and Bariatric friends?

**If you said yes to any of these questions, this support group/coaching class is for you!**

Most experts agree that there is a strong need for a pre-treatment program, as well as a post-treatment program focused on lifestyle behaviors. Offering Coaching to our patients shows that we live up to our commitment of assuming responsibility for everything that affects our patients care. This class is designed for those that are struggling with plateaus, emotional eating, those wanting to take themselves on and reach their goals from maintaining and losing weight, career, relationships, health and nutrition and much more. You're going to love this class!! This is NOT a nutrition class.

**Instructor:** Terri Lipsey-Nave, Bariatric Lifestyle Coach

**Fee:** FREE

**Holiday Schedule Date/Time:** Thursday, December 2nd from 6:30PM-8:00 PM. If this is your first time, please plan on arriving at 5:30 PM for your first meeting. Must RSVP.

**Location:** POB II 4500 E. 9<sup>th</sup> Ave, Goodstein Room 4

**Register:** RSVP at [terri.lipsey@healthONEcares.com](mailto:terri.lipsey@healthONEcares.com). Office: 303-320-2118 or 720-495-2303

### **Back To Basics Teleconference!\***

**Date:** Mon December 13<sup>th</sup> 6:30-8:30 PM

**Description:** This class is designed as an overview & in depth nutrition class.

There are 4 parts to this class:

1. Nutrition
2. Exercise
3. Rules of the Tool
4. Behavior

It was created to reinforce your new lifestyle and to establish good habits after Weight Loss Surgery.

**Instructor:** Hillary Rounds RD Registered Dietician

**Location:** Rose Bariatric Center 4545 E. 9<sup>th</sup> Avenue, Suite 650, Denver (NE corner Clermont/9<sup>th</sup> Ave.)

**Register:** RSVP to [hilary.rounds@sodexo.com](mailto:hilary.rounds@sodexo.com) or call 303-779-9355

## **Other Program Offerings**

### **Mindfulness in Eating / Therapeutic Support and Skills Group**

**Presented by:** Hilary Silver, LCSW, CAC II & Paula DeFrisco, LCSW. Hilary has been working with some of our bariatric patients as they get ready for bariatric surgery and she has developed this program with you in mind. *This is not located at Rose Hospital.*

Hilary and Paula will present mindfulness and emotional regulation skills. Groups will be therapeutic and discussion oriented. Participants will learn new skills and share personal experiences. Journaling assignments will be given.

**Register:** RSVP to Hilary Silver, LCSW, CAC II 720.935.7393 [www.hilarysilvertherapy.com](http://www.hilarysilvertherapy.com)

### **Teen Medical / Surgical Weight Loss Program (<21 y.o.)**

The problem of childhood obesity in the United States has grown considerably in recent years. Between 16 and 33 percent of children and adolescents are obese. Obesity is among the easiest medical conditions to recognize but most difficult to treat. Unhealthy weight gain due to poor diet and lack of exercise is responsible for over 300,000 deaths each year. The annual cost to society for obesity is estimated at nearly \$100 billion. Overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise.

Visit the story we aired recently <http://www.9news.com/rss/article.aspx?storyid=128533>

Our Three main Goals are:

- 1) Promote healthy Body Image
- 2) Parental Support & Education about food and physical activity
- 3) Nutritional and Behavior modification series

For more information [www.roseknowsweightloss.com](http://www.roseknowsweightloss.com) or contact Kim Delamont at [kim.delamont@helathonecares.com](mailto:kim.delamont@helathonecares.com)

## **Pregnancy After Bariatric Surgery Program on the 4<sup>th</sup> Monday of the month 6:30-8pm**

Pregnancy is not recommended within the first year following Bariatric surgery as this is a time of many changes with great nutritional demands on the body. Weight management is a concern for all Bariatric patients. Nutritional concerns are addressed throughout the pregnancy and appropriate weight gains are monitored.

Goals of the Bariatric Program

- Achieving healthy pregnancy and newborn
- Healthy pre-pregnant state
- Healthy pregnancy
- Healthy newborn
- Weight and Health Management after delivery

**Register:** R.S.V.P [kim.delamont@healthONEcares.com](mailto:kim.delamont@healthONEcares.com) or [Jessica.crandall@sodexo.com](mailto:Jessica.crandall@sodexo.com) or 303-320-2134

## **Plateau Buster Program**

### **Purpose of the Program**

**Note: You must have completed initial 1:1 consultation with Nutritionist prior to attending. Please R.S.V.P**

To provide the patient with an aggressive plan to break through the weight loss plateau they are experiencing. Plateaus are common to anybody who's been on the same diet and exercise plan for a while. This process has been created by our Bariatric Team of experts to get you back on track. The patient will learn techniques to break free of a plateau, find resources and tips to help you, and learn how to cope with the changes.

### **Criteria**

- ❖ Post op patients that are greater than 6 months out from their surgery date.
- ❖ Patients who have repeatedly missed office visits
- ❖ Patients who are experiencing a plateau (< 1 lb/week x 4-6-weeks)

### **Alternative Option after your first consultation:**

- ❖ Attend small group consult twice a month held every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday from 5:30-7:00pm
- ❖ Must RSVP - Please call the office to set up an appointment at 303-280-0900
- ❖ For more information call Jessica Crandall RD at 303-779-9355 or send an email to [Jessica.crandall@sodexo.com](mailto:Jessica.crandall@sodexo.com) or Hilary Rounds at [Hilary.rounds@sodexo.com](mailto:Hilary.rounds@sodexo.com)

## **Registered Dietitian Consultation Available**

Contact Jessica Crandall at 303-779-9355 or email [Jessica.crandall@sodexo.com](mailto:Jessica.crandall@sodexo.com)

## **Bariatric Menu Planning**

A class from the series is offered every month on the 2<sup>nd</sup> Monday of the month from 6:30 – 8:00 pm at Rose Bariatric Center (New Members WELCOME anytime) - Come check it out!

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Class offered every month:

Review the Rules of the Tool

- Learn New Recipes and How to Modify your Favorites
- Creative Planning Techniques and Tips
- Different Topic Offered Each Month!

**When:** 2<sup>nd</sup> Monday of every month. Remember that this series began at the beginning of the year 2010. However, new members are welcome at any time. Missed class materials are provided at a reduced cost (\$10).

**Time:** 6:30 -8:00 PM

**Location:** Rose Bariatric Center. 4545 E. 9<sup>th</sup> Ave. Suite 650., Denver, CO 80220

**Fee:** \$20 per month (Only \$17 if you pre-register for 3 classes)

Minimum of 5 registered for monthly class to be offered!

**To Register:** email Beth Ondrako, Registered Dietitian at [Elizabeth.Ondrako@Sodexo.com](mailto:Elizabeth.Ondrako@Sodexo.com) or call 303-779-9355

# Teleconference Classes OPEN to ALL

## Bariatric Menu Planning Tele-Conference

Classes offered based on participant interest. Minimum of 5 people registered for class to be offered. Teleconference: 1.888.737.5834-Participant code-109142 #

Topics include;

- Review the Rules of the Tool
- Learn New Recipes and How to Modify your Favorites
- Creative Planning Techniques and Tips

**When:** Every 3<sup>rd</sup> Monday of the month

**Time:** 6:30 - 8:00 PM

**Location:** Teleconference (1.888.737.5834) -Participant code-109142 #

**Fee:** \$20 per month (Only \$17 if you pre-register for 3 classes)

**Register-** RSVP Beth Ondrako, Registered Dietitian at [Elizabeth.Ondrako@Sodexo.com](mailto:Elizabeth.Ondrako@Sodexo.com) or call 303-779-9355

Minimum of 5 registered for monthly class to be offered!

## Personal Exercise Training

Craig Shires is one of our Bariatric Personal Trainers and he has developed a unique approach to help you with your workouts. He can help you develop your exercise program. Each month there will be a Tele-Conference Exercise Forum where you can talk to Craig and discuss questions related to exercise. This group is FREE! There will also be the availability to use Craig on a one to one basis via the internet and Tele-Conference format.

**Fee:** No charge

**When:** 1<sup>st</sup> Thursday evenings, 7:30-8:30pm MDT

**Instructor:** Craig Shires, Bariatric Personal Trainer ([CraigShires@comcast.net](mailto:CraigShires@comcast.net))

**Register:** RSVP- 303-621-6310

**Teleconference:** 1.888.737.5834 - Participant code -109142 #

## Back to Basics

**Description:** This class is designed as an overview & in depth nutrition class. We encourage this class at >3 months & as a yearly refresher.

There are 4 parts to this class:

1. Nutrition
2. Exercise
3. Rules of the Tool
4. Behavior

It was created to reinforce your new lifestyle and to establish good habits after Weight Loss Surgery.

**When:** 2nd Tuesdays, 5pm

**Fee:** No Charge

**Teleconference:** 1.888.737.5834 - Participant code -109142 #

**Instructor:** Hilary Rounds & Jessica Crandall RD

**Register:** [Hilary.rounds@sodexo.com](mailto:Hilary.rounds@sodexo.com) & [Jessica.crandall@sodexo.com](mailto:Jessica.crandall@sodexo.com)

## Bariatric Menu Planning Tele-Conference

Come join us for this series. Class offered every month beginning in February with lots of new recipe ideas!

- Learn New Recipes
- Learn how to change up your old recipes
- Meal Swap Nights
- Theme Nights Asian, Deserts, Snacks, Breakfast ideas, Lunch ideas, and much more!!

**When:** Every 3<sup>rd</sup> Monday of the month

**Time:** 6:30 - 8:00 PM

**Fee:** \$20 per month (Only \$17 if you pre-register for 3 classes)

**Register:** [Elizabeth.Ondrako@Sodexo.com](mailto:Elizabeth.Ondrako@Sodexo.com) or call 303-779-9355

**Teleconference:** 1.888.737.5834-Participant code-109142 #

# Bariatric Exercise Classes

## Area: ROSE MEDICAL CENTER

**Instructor:** Jessica Crandall

**Fee:** \$15 per session, 1<sup>st</sup> session free.

**Date & Time:** By appointment only please.

**Location:** Rose Bariatric Center 4545 E. 9<sup>th</sup> Ave. Suite 650 (corner of 9<sup>th</sup> & Clermont)

We will work out at the park or in the gym if inclement weather.

**Registration:** Register by e-mail to [Jessica.Crandall@Sodexo.com](mailto:Jessica.Crandall@Sodexo.com) or 303-779-9355

## Area: NORTH

**Description:** Craig Shires, Certified Trainer offers a Low Impact Aerobics & Strength Training for our bariatric patients. Craig has been part of the Rose Bariatric Program for 2+ years

**Instructor:** Craig Shires-Personal Trainer to many Bariatric patients

**Date & Time:** Mondays, 5:30 PM for all fitness levels. Classes will now include Zumba, Low Impact Aerobics& Strength Training Tuesdays 6:15 PM for all fitness levels. Low Impact Aerobics, Core & More, Stretching & Conditioning.

**Fee:** Individual \$15 per class. \$150.00 for 11 Classes if paid in full (11<sup>th</sup> Session FREE)

**Register:** RSVP 24 hours in advance to reserve your spot. Call 303-621-6310 or register by email [craigshires@comcast.net](mailto:craigshires@comcast.net).

**Location:** Adventure Fitness Training, 12351 Grant St., Unit #120 in Thornton. Colorado 80241

Low impact Nordic Walking every Sunday 8-9am Advanced, 9-10am Beginner. Class is designed to increase your caloric expenditure by utilizing and engaging your entire body. For more details regarding Nordic Walking and its many benefits please contact Adventure Fitness Training and ask for Craig. First class is FREE.

**Cost:** \$25 includes Pole rentals. \$20 have your own Poles \*Nordic Walking Poles only\*

**Where:** Front Range Community College - West Parking lot.

Please bring water as this is a cardiovascular workout! All fitness levels are most welcome. Bariatric friendly. Please RSVP

## Area: SOUTH

**Description:** Darrin offers one on one personal training session for Bariatric Clients, and has been part of the Rose Bariatric Program for 2 + years.

**Instructor:** Darrin Kubik- Personal Trainer to Dr Snyder.

**Fee:** Contact Darrin

**Date & Time:** By appointment

**Location:** Essential Fitness

5425 Landmark Place,suite 303

Greenwood Village, CO 80111

**Register:** Call 720-333-9063 or [dkubik1234@yahoo.com](mailto:dkubik1234@yahoo.com)

**Website:** [www.d2kfitness.com](http://www.d2kfitness.com)

## Area: SOUTH / EAST/LITTLETON

**Instructor:** Cherokee Cingoranelli- Personal Trainer to Amanda Tyacke, RN. She attends many of her classes.

**Fee:** \$20 per session

**Date & Time:** By Appointment

**Location:** 20691 E. Euclid Drive, Aurora, CO 80016

**Register:** Call 303- 257-3976 [cherokeefitness@yahoo.com](mailto:cherokeefitness@yahoo.com)

**Website:** [www.cherokeefitness.net](http://www.cherokeefitness.net)

## Area: WEST

**Instructor:** Jill Kingen

**Fee:** \$15 per session 1st session free

**Date & Time:** Wednesday evenings, 6:30PM to 7:30PM

**Location:** 5302 Stuart St., Denver, CO 80212

**Register:** Call 303- 356-1145 or e-mail [nbfdenver@gmail.com](mailto:nbfdenver@gmail.com)

**Rose Chat Group & Internet Support Group Meetings**

<p><b>Live Broadcast with Terri Bariatric Lifestyle Coach</b></p>	<p><b>On the Internet</b>  <a href="http://www.comf5.com/triumphantlife">www.comf5.com/triumphantlife</a></p>	<p>Email Terri for instructions on how to log on to the show or call 1-800-597-8527</p>	<p>Terri Lipsey, Bariatric Success Coach  <a href="mailto:TriumphantLife@comf5.com">TriumphantLife@comf5.com</a>          Or  <a href="mailto:Terri.Lipsey@HealthONEcares.com">Terri.Lipsey@HealthONEcares.com</a></p>	<p>Every 1<sup>st</sup> Tuesday at 7pm          Every 1st Tues. Starts at 6:00 for teleconference. 1-888-737-5834          Participant # 109142</p>
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**VOICE**

**We want to hear from you! If you have any challenges, questions, or concerns, VOICE was created for you to call in anonymously and VOICE what's on your mind. If you would like a call back, please remember to leave your name, number and a message. Your call will be returned within 48 hours. Call 303-320-2118.**





BARIATRIC SUPPORT GROUPS FOR 2010 Revised 09/2010

GROUP	LOCATION	ADDRESS	FACILITATORS	GENERAL TIMES FOR MEETING
Rose Medical Center Group	Bariatric Center Office	Rose Medical Center POB #1 4545 E. Ninth Avenue Suite 650 Denver, Colorado 80220	Hilary Rounds <a href="mailto:Hilary.Rounds@sodexo.com">Hilary.Rounds@sodexo.com</a>	1 <sup>st</sup> Monday from 6:30pm – 8:00pm
NEW Young Adult Support Group	Rose Medical at Stapleton	2975 North Roslyn Street, # 140 Denver, Co 80238 29 <sup>th</sup> & Quebec behind Walgreens	Hilary Rounds <a href="mailto:Hilary.Rounds@sodexo.com">Hilary.Rounds@sodexo.com</a>	2 <sup>nd</sup> Friday from 6:30pm – 8:00pm. Must R.S.V.P
Rose Tele-Conference Support Group	Telephone Support	1-888-737-5834 Participant # 109142	Bariatric Team	4 <sup>th</sup> Monday every month from 8-9pm
Rose Band Support Group	Bariatric Center Office	Rose Medical Center POB #1 4545 E. Ninth Avenue Suite 650 Denver, Colorado 80220	Hilary Rounds <a href="mailto:Hilary.Rounds@sodexo.com">Hilary.Rounds@sodexo.com</a>	4th Monday of the month from 6:30pm - 8:00pm
Rose TLC2 Group Coaching	Goodstein Building across the street from Rose Medical Center in the basement	Rose Medical Center POB #2 4500 E. Ninth Avenue Goodstein #3 Denver, Colorado 80220	Terri Lipsey, Bariatric Success Coach <a href="mailto:TriumphantLife@comf5.com">TriumphantLife@comf5.com</a> Or Terri.Lipsey@healthONEcares.com	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday from 6:30 – 8:00pm Must RSVP at 720-495-2303 Now OPEN TO ALL!!
All Male On-Line Chat Room Support Meeting	Denver Bariatrics Website	<a href="http://www.denverbariatrics.com">www.denverbariatrics.com</a> Go to Chat Room on Menu and click to Sign-In	Bariatric Medical Team. <u>Dietitian</u>	1 <sup>st</sup> Wednesday of the month This is a Support Group for the men, only! 8:00pm to 9:00pm in the Chat Room
Live Broadcast with Terri Bariatric Lifestyle Coach	On the Internet <a href="http://www.comf5.com/triumphantlife">www.comf5.com/triumphantlife</a>	Email Terri for instructions on how to log on to the show or call 1-800-597-8527	Terri Lipsey, Bariatric Success Coach <a href="mailto:TriumphantLife@comf5.com">TriumphantLife@comf5.com</a> Or Terri.Lipsey@HealthONEcares.com	Every 1 <sup>st</sup> Tuesday at 7pm Every 1st Tues. Starts at 6:00 for teleconference. 1-888-737-5834 Participant # 109142

