



Rose Bariatric Newsletter September 2010

To our Bariatric Patients,

September is upon us and as we approach Fall we hope you all had a great Summer and as noted in our Newsletter we have made a few changes to our Support Group structure as well as looking for suggestions of any topics you may like as a separate educational night to be conducted here at Rose and repeated as a Teleconference/Webinar. Let me or Terri Lipsey know and we will look in to adding 1 or 2 of these in the last Quarter of 2010.

E-mail your suggestions to me at kim.delamont@healthonecares.com and terri.lipsey@healthonecares.com

Have a great month!

Your Bariatric Team

TOPIC OF THE MONTH

Calcium and Heart attacks

There has been a lot of questions recently in the media about Calcium and risks of heart attacks. Although the articles are not very convincing as to this risk there are a few take home messages about Calcium Supplements vs. foods that contain Calcium in the diet. We know that supplements are encouraged in the Bariatric patient as a way to increase those potentially missing vitamins in our diets. It is always recommended that food sources are our best way to achieve vitamins and minerals and care should be noted that exchanging food sources for a pill supplement is not encouraged but rather to enhance what we cannot achieve in our best attempt to get these from our foods.

Here are our current recommendations:

Calcium Supplements from Calcium Carbonate are not as well absorbed in the Bariatric patient as is Calcium Citrate because of the potential lack of acidity needed to better breakdown and absorb the Carbonate forms. These can be found over the counter and also from Bariatric Vitamin companies such as Bariatric Advantage, and Celebrate Vitamins available for order over the internet.

Food sources include dairy products, fish and fortified products. Food sources metabolize slower and raise blood levels at a slower rate than do supplements and therefore is always recommended over a "pill" form to gain your daily needs.

**Some other great heart protective foods are:

Herbs: rosemary, sage, oregano and thyme

Beans: black beans are a great source of protein, fiber and antioxidants

Seafood: salmon and tuna have abundance of Omega 3's which act as antioxidants

Fats: virgin olive oil contain monounsaturated fats which are the best kind of fats to have in our diet

Nuts: Walnuts and almonds although high in calories (1 handful + 300cal) as all nuts contain anti-inflammatory properties to the arterial walls of the heart, fiber and Vit E

Plant Protein: Edamame are packed with protein from soy and contain a great source of fiber

Fruits/Vegetables: sweet potatoes contain fiber, vit A and lycopene, oranges contain potassium which helps blood pressure and the antioxidant hesperidin, swiss chard is a dark green leafy veg containing fiber, vit A and antioxidants lutein and zeaxanthin, carrots are a great soluble fiber and help stabilize blood glucose as it is a low glycemic complex carbohydrate

Grains: barley and oats are a great source of fiber to help lower cholesterol levels and stabilize blood glucose levels. Flaxseed contains powerful Omega 3's (EPA/DHA)

What does Quality Health Care mean to you?

If you have recently had a procedure at Rose listed below, we would love for you to attend to share your feedback and thought about Your Stay at Rose.

You are receiving this invitation because of your recent stay at Rose Medical Center. On behalf of our hospital leadership, physicians, staff, and volunteers, thank you for choosing Rose.

You are invited! As part of our ongoing commitment to listen to and partner with our patients to provide quality care, we would like for you to participate in our upcoming “Patients Defining Quality” focus groups.

Why are we holding these focus groups? Very often in a hospital, quality of care is defined by our regulators and payers. In addition to following these important standards, we at Rose Medical Center are committed to understand your definition of quality care so we can best meet your needs.

Focus group details: Each focus group will consist of approximately 10 people and will last for about an hour. Your responses will be kept confidential. To express our gratitude for your feedback, we offer coffee and pastries, free parking (bring your tickets for validation), a small nonmonetary token of appreciation, and a gift basket.

Session Schedule for Bariatric Patients:

Session #1 September 20, 2010 6:00PM-7:00PM

Session #2 September 21, 2010 3:00PM-4:00PM

Place: Rose Medical Center Auditorium

RSVP: RoseMC.PDQ@HCAHealthcare.com & kim.delamont@healthonecares.com

Approximately 1-2 week prior to your focus group, we will contact you to answer any questions you may have. We are glad you can spend time sharing your ideas with us.

If you have any questions or feedback in the meantime, please contact us at RoseMC.PDQ@HCAHealthcare.com

Sincerely,

Isabella D. McCarthy





Chief Operating Officer, Rose Medical Center

Thank You!



BARIATRIC SURGERY CENTER AT
ROOSE

Bariatric Classes/Support Groups – September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Exercise Littleton</i> <i>Exercise West</i> 6:30p <i>Men chat room</i> 8-9pm	2 <i>Bariatric Coaching</i> <i>Class: 6:30-8:00 PM</i> <i>Open to ALL</i> <i>Please RSVP</i> <i>Free Exercise Tele-</i> <i>conference 7:30-</i> <i>8:30p</i> <i>Teen Teleconference</i> 8-9pm	3 <i>Young Adult</i> <i>Support Group</i> <i>New-6:30-8pm</i> <i>R.S.V.P</i>	4  Exercise Habits
5	Labor Day! <i>Exercise Thornton</i> 5:30pm <i>Rose Support</i> <i>Group – 6:30-8pm</i>	7 <i>North Support</i> <i>Group 6:30pm</i>	8 <i>Overview Class</i> 10a-12p <i>Exercise Littleton</i> 6:30p <i>Exercise West</i> 6:30p	9 <i>Littleton Support</i> <i>Group 6:30pm</i> <i>Teen Tele-Conf</i> 8-9pm	10	11 <i>Aurora Band</i> <i>Support Group</i> 9am
12	13 <i>1st Fill class</i> 7-8 am <i>1st Fill</i> <i>teleconference</i> 5:00 pm <i>Exercise Thornton</i> 5:30pm <i>Aurora Support</i> <i>Group -7pm</i> <i>1Year & Out Class</i> 6:30pm	14 <i>Brighton</i> <i>Support Group</i> 6:30-8 pm <i>Band Tele Conf</i> 8:00-9:00pm	<i>Exercise Littleton</i> 6:30pm <i>Exercise West</i> 6:30p <i>Bypass Chat Room</i> 8:00-9:00pm	16 <i>Bariatric Coaching</i> <i>Class: 6:30-8:00 PM</i> <i>Open to ALL.</i> <i>Please RSVP</i> <i>Teen Tele-Conf</i> 8-9pm	17	18
19	20 <i>1st Fill class</i> 7-8 am <i>Tele-conf Menu</i> <i>Planning 6:30pm</i> <i>1 Year & Out</i> 6:30-9pm	21	<i>Exercise Littleton</i> 6:30p <i>Exercise West</i> 6:30p	23 <i>Littleton Support</i> <i>Group 6:30pm</i> <i>Teen Tele-Conf</i> 8-9pm	24	25 Free Seminar <i>Dr. Michael</i> <i>Snyder</i> “Weight No Longer” by WLS Coach Please RSVP
26  Balancing your Nutrition	27 <i>1st Fill class 7-8am</i> <i>Exercise Thornton</i> 5:30pm <i>Rose Band Sup</i> <i>Group -6:30pm</i> Free Seminar: <i>Dr. Stacie Perlman</i> <i>Aurora Support</i> <i>Group -7pm</i> <i>Tele-conf Support</i> <i>Group – 8pm</i>	28 <i>Western Slope</i> <i>Support Grp 6pm</i> <i>Dr McMahan’s</i> <i>Psyche Group</i> 6:30 pm	<i>Exercise Littleton</i> 6:30p <i>Exercise West</i> 6:30p	30 <i>Teen Tele-Conf</i> 8-9pm		 Rules of the TOOLS

September Support Group Special Events

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

Description: North Area Support Group-Thornton-Gastric Bypass/Gastric Sleeve/Gastric Band

Area: North-Thornton/ Westminster/ Northglenn

Support Group Leader: Marla Zuch mjzuch@comcast.net

Date & Time: 1st Tuesday of the month, 6:30 to 8:00 PM

Open to ALL!

Bariatric Director, Kim Delamont will be a guest speaker on Sept 7. Her topic will be about Vitamins and Minerals. Come join Marla and Kim for an exciting time.

Location: Thornton Municipal Building, 9500 Civic Center Drive, Thornton, CO 80229 (Council Chambers Room, off the main lobby)

Description: Aurora Lap Band Saturday Support Group

Area: Aurora

Support Group Leaders: Lisa Chavez lisa_chavez@hotmail.com & Razz Corsica razzcortes@gmail.com

When: 2nd Saturday morning of the month, 9:00AM-10:30 AM

Special Guest Speaker in September: Amanda Tyacke, RN

Description: West Area Exercise Classes

Join Jill and No Boundaries Fitness October 3, 2010 for the "Race for the Cure". Contact Jill for all the details.

Instructor: Jill Kingen-Personal Trainer

Fee: \$15 per session (1st session free)

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

Location: 5302 Stuart St., Denver, CO 80212

Register: Call 303- 356-1145 or e-mail nbfdenver@gmail.com

Website: www.noboundariesfitnessdenver.com



NEW!! Group Coaching Class & Support Group "Weight No Longer"

- 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. Open to both Non-Bariatric and Bariatric Patients.

Instructor: Terri Lipsey, Bariatric Lifestyle Coach

Fee: **FREE**

Date/Time: Sept. 2 & Sept. 16, 6:30 to 8:00 PM

Must RSVP at 720-495-2303 or terri.lipsey@healthonecares.com

Location: POB II 4500 E. 9th Ave, Goodstein Room 4

Register: E-mail Terri at terri.lipsey@healthONEcares.com. Office: 303-320-2118.

“Weight No Longer” Getting Back On Track Seminar being held Sept. 25 Registration begins at 8:30am. Class goes from 9am-3pm. Call for discount rate at 720-495-2303.

Program Overview!*

Date: Wednesday, Sept. 8, 10 am-12 Noon

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.

Instructor: Hillary Rounds RD Registered Dietician

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

Register: RSVP to 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. Hillary 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

Teen Medical / Surgical Weight Loss Program (14 to 18 yrs old)

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 or contact Kim Delamont at kim.delamont@helathonecares.com

Pregnancy After Bariatric Surgery Program on the 4th 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 or 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 2nd and 4th 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 or Hilary Rounds at Hilary.rounds@sodexo.com

Registered Dietitian Consultation Available

Contact Jessica Crandall at 303-779-9355 or email Jessica.crandall@sodexo.com

Bariatric Menu Planning

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

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: 2nd 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. 9th 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 or call 303-779-9355

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 #

Various topics offered:

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

When: Every 3rd 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)

Minimum of 5 registered for monthly class to be offered! To register: email Beth Ondrako, Registered Dietitian at Elizabeth.Ondrako@Sodexo.com or call 303-779-9355

Teleconferencing Programs

All classes must be pre-registered with Jessica at:

- Pre Op
- Post Op
- 1st Fill
- Overview
- Nutritional Counseling-Jessica Crandall & Hillary Rounds
- Menu Planning-Elizabeth Ondrako
- Group Exercise Forum-Craig Shires
- Personal Exercise Training-Craig Shires
- Bariatric Coaching-Terri Lipsey
- Online Support Groups-Kim Delamont NP

Teleconference Classes OPEN to ALL

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: 1st Thursday evenings, 7:30-8:30pm MDT

Instructor: Craig Shires, Bariatric Personal Trainer (CraigShires@comcast.net) RSVP- 303-621-6310

Teleconference: 1.888.737.5834 - Participant code -109142 #

Overview Class

When: 2nd Tuesdays, 5pm

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.

Fee: No Charge

Teleconference: 1.888.737.5834 - Participant code -109142 #

Instructor: Hilary Rounds & Jessica Crandall RD

Register: Hilary.rounds@sodexo.com & 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 3rd Monday of the month

Time: 6:30 - 8:00 PM

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

Teleconference: 1.888.737.5834-Participant code-109142 #; Register: Elizabeth.Ondrako@Sodexo.com or call 303-779-9355

Bariatric Exercise Classes

Area: ROSE MEDICAL CENTER

Instructor: Jessica Crandall

Fee: \$15 per session, 1st session free.

Date & Time: By appointment only please.

Location: Rose Bariatric Center 4545 E. 9th Ave. Suite 650 (corner of 9th & 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 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 of the support group leaders & Kim Delamont.

Date & Time: Mondays, 5:30 PM for all fitness levels. Classes will now include Zumba, Low Impact Aerobics and 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 (11th Session FREE)

Register: Please RSVP 24 hours in advance to reserve your spot. Limited space available. Call 303-621-6310 or register by email 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

Craig 24 hours in advance via phone, txt or email.

"Walk in the Mountains" has started again! All fitness levels are welcome. 1 hour Guided walk tours allow all fitness levels to get some fresh mountain air and a great workout too. Limited space so please call 1 week in advance. Please call to inquire dates and time for this summer's "Walk in the mountains". This class is also designed exclusively for the Bariatric population.

Website: www.adventurefitnessstraining.net

Craig also offers small group & individual sessions, call to inquire (303) 621-6310.

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

Website: www.d2kfitness.com

Area: SOUTH / EAST

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

Fee: \$20 per session

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

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

Register: Call 303- 257-3976 cherokeefitness@yahoo.com

Website: 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

Rose Bariatric Support Groups

** All Rose Support Groups will be supervised by our Bariatric Medical Team**

Description: Gastric Bypass/Sleeve Support Group

Area: Rose Bariatric Center

Support Leader: Hillary Rounds RD – Bariatric Dietician Hilary.rounds@sodexo.com
& Carol Anderson (Co-Leader) carolcatlover7@comcast.net

Date & Time: 1st Monday of the month, 6:30 to 8:00 PM

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

Description: Gastric Band Support Group

Area: Rose Bariatric Center

Support Group Leader: Nicole Brite Nicole@YetiTech.com & Hilary Rounds RD Hilary.rounds@sodexo.com

Date & Time: 4th Monday of the month, 6:30 - 8:00 PM

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

GUEST: Hillary Rounds RD – Bariatric Dietician

Description: Tele-Conference Support Group -Open to ALL

Area: Tele-Conference-National

Support Group Leader: Elizabeth.Ondrako@Sodexo.com or call 303-779-9355

Date & Time: 4th Monday of the month, 8:00 - 9:00 PM

Location: Tele-Conference Line 1-888 737 5834 participant code 109142 #

Rose Chat Group & Internet Support Group Meetings

Due to technical difficulties all online Classes and Chat Support Groups have been placed on hold until further notice

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.



ROSE BARIATRIC SUPPORT GROUPS FOR 2010

Rose Medical Center Group	Bariatric Center Office	Rose Medical Center POB #1 4545 E. Ninth Avenue Suite 650 Denver, Colorado 80220	Kim Delamont Kim.delamont@healthonecares.com Carol Anderson: carolcatlover7@comcast.net	1 st Monday from 6:30pm – 8:00pm
NEW Young Adult Support Group	Rose Medical at Stapleton	2975 North Roslyn Street, # 140 Denver, Co 80238 29 th & Quebec behind Walgreens	Kim Delamont Kim.delamont@healthonecares.com	2 nd 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 th Monday every month from 8-9 pm
Rose Band Support Group	Bariatric Center Office	Rose Medical Center POB #1 4545 E. Ninth Avenue Suite 650 Denver, Colorado 80220	Nicole Brite Nicole@YetiTech.com	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 #4 Denver, Colorado 80220	Terri Lipsey, Bariatric Success Coach Triumphant@helloworld.com	1 st & 3 rd 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	www.denverbariatrics.com Go to Chat Room on Menu and click to Sign-In	Bariatric Medical Team. Dietitian	1 st Wednesday of the month This is a Support Group for the men, only! 8:00pm to 9:00pm in the Chat Room
On-line Gastric Band Chat Room Support Meetings	Denver Bariatrics Website	www.denverbariatrics.com Go to Chat Room on Menu and click to Sign-In	2 nd Tuesday: Amanda Tyacke, RN Amanda@denverbariatrics.com	2 nd Tuesday of the month from 8:00pm to 9:00pm in the Chat Room
On-line Bypass Chat Room Support Meetings	Denver Bariatrics Website	www.denverbariatrics.com Go to Chat Room on Menu and click to Sign-In	Bariatric Medical Team Dietitian	3rd Wednesdays of the month from 8:00pm to 9:00pm in the Chat Room
Live Broadcast with Terri & Friends	On the Internet www.Helloworld.com/ triumphant	www.helloworld.com/triumphant Follow these simple steps to log on: Go to Internet Explorer from your desktop on your computer.	Terri Lipsey, Bariatric Success Coach Triumphant@helloworld.com	Every Tuesday at 7pm Every 2 nd Tues. Starts at 6:00 for teleconference. 1-888-737-5834 Participant # 109142
Aurora Group Neighborhood Group	Aurora Central Library Check Foyer for room location	14949 E Alameda Pkwy Aurora, CO 80012	Carol Anderson carolcatlover7@comcast.net Deb Shaw Debshaw5@q.com	2nd Monday - A1 4th Monday- Theater from 7:00pm - 8:30pm
North Area Support Group Neighborhood Group	Thornton Municipal Building	9500 Civic Center Drive Thornton, CO 80229 (Council Chambers Room, (off the mail lobby)	Marla Zuch-Bypass/Sleeve mizuch@comcast.net	1 st Tuesday of each month Open to ALL 6:30-8:00pm
Littleton Support Group	Faith Community Church	6228 So. Carr Ct. Littleton, CO 80123	Yvonne Stanley yon4hare@comcast.net	2 nd & 4 th Thursdays of the month. 6:30pm-8:00pm
Western Slope WLS	Lakewood Inns	2845 North 15 th Street Grand Junction, CO 81506	Sherry Karp jeepsherr@aol.com	4 th Tuesday of the month 6:00pm - 7:30pm
Saturday Lap Band Support Group	Heather Garden's Way Blossom Restaurant	2888 S Heather Gardens Way Aurora, CO	Lisa Chavez: lisa_chavez@hotmail.com Razz Corsica: razzcortes@gmail.com	2nd Saturday Morning of the Month from 9:00am - 10:30am
Brighton Support Group	Brighton	667 Millet Circle Brighton	Dawn Boracco dawntodusktravel@aol.com	2 nd Tuesdays 6:30-8:00pm