Bariatric Surgery Center
Community Meetings and Education Classes

2014 Bariatric Surgery Support and Education Topics

The meetings are held the last Wednesday of the month at Westmoreland Hospital, Conference Room D, 6 to 7:30 p.m. No pre-registration is required, meetings are free of charge, and significant others are welcome.

January 29 - *Using Fitness/Nutrition Apps*

February 26 - *Creating Solutions to Common Problems*

March 26 - *Medications After Surgery – What to Do If You Have a Cold, Headache, Etc.*

April 30 - *Dealing with Head Hunger Vs. True Hunger*

May 28 - *Introduction to Aerobics*

June 25 - *Portion Distortion*

July 30 - *Reconstructive Surgery*

August 27 - *Exercising With Limited Mobility or Pain*

September 24 - *Virtual Supermarket Tour*

October 29 - *Handling Changing Family Dynamics*

November 19 - *Holiday Party – Staying on Track During the Holidays*

No December Meeting

2014 Bariatric Community Meetings

To learn more about bariatric surgery at Excela Health, register now for one of our free, monthly community meetings held at our hospitals from 6 to 8 p.m.

All sessions held at Westmoreland Hospital, 532 West Pittsburgh Street, Greensburg, Pa. 15601.

January 7 - Memorial Conference Center, ground floor
January 21 - Conference Rooms A and D, first floor
February 4 - Memorial Conference Center, ground floor-
February 18 - Conference Rooms A and D, first floor
March 4 - Memorial Conference Center, ground floor
March 18 - Conference Rooms A and D, first floor
April 8 - Memorial Conference Center, ground floor
April 22 - Conference Rooms A and D, first floor
May 6 - Memorial Conference Center, ground floor
May 20 - Conference Rooms A and D, first floor
June 3 - Memorial Conference Center, ground floor
June 17 - Conference Rooms A and D, first floor
July 8 - Memorial Conference Center, ground floor
July 22 - Conference Rooms A and D, first floor
August 5 - Memorial Conference Center, ground floor
August 19 - Conference Rooms A and D, first floor
September 9 - Memorial Conference Center, ground floor
September 23 - Conference Rooms A and D, first floor
October 7 - Memorial Conference Center, ground floor
October 21 - Conference Rooms A and D, first floor
November 4 - Memorial Conference Center, ground floor
November 18 - Conference Rooms A and D, first floor
December 2 - Memorial Conference Center, ground floor
December 16 - Conference Rooms A and D, first floor

Register for a community seminar today by calling the Excela Health Call Center, toll free, 1-877-771-1234 or the Bariatric Surgery Center, 724-850-3142.