2015 Bariatric Surgery Support and Education Topics

Westmoreland Hospital, 6 to 7:30 p.m.
First Floor Conference Rooms

January 28
New Year - New You/Resolutions - Melissa Woodward, RD
Conference Room A

February 25
Fitness/Nutrition Apps - Ryan Taucher, Exercise Physiologist
Conference Room D

March 25
Maintaining Weight After “Honeymoon” Period
Melissa Woodward, RD; Conference Room D

April 29
Recognizing and Preventing Emotional Eating
Diane Muka, Psychologist; Conference Room D

May 27
Intro to Exercise - Ryan Taucher, Exercise Physiologist
Conference Room A

June 24
Importance of Vitamin Supplementation - Melissa Woodward, RD
Conference Room D

July 29
Medications After Surgery - What to do if you have a cold, headache, etc.; Nurse/Surgeon; Conference Room D

August 26
Exercise with Limited Mobility - Ryan Taucher, Exercise Physiologist
Conference Room D

September 30
Time Saving Meal Preparation Techniques/Protein Power Snack
Melissa Woodward, RD; Conference Room A

October 28
Handling Changing Family Dynamic - Diane Muka, Psychologist
Conference Room D

November 18
Holiday Party Potluck; Conference Room D

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

2015 Bariatric Community Meetings
All sessions held at Westmoreland Hospital, 532 West Pittsburgh Street, Greensburg, Pa. 15601
The following meetings are located in the first floor Conference Rooms A and D:

January 6, January 20

February 3, February 17

March 3, March 17

April 7, April 21

May 5, May 19

June 2, June 16

July 7, July 21

August 4

The remaining meetings are located on the Ground Floor, Memorial Conference Center

August 18

September 1, September 15

October 6, October 20

November 3, November 17

December 1, December 15

Bariatric Surgery Center
Medical Commons One
530 South Street, Suite 300, Greensburg, PA 15601