TRINITY
IOWA HEALTH SYSTEM
Moline • Rock Island • Bettendorf • Muscatine

Your Road to Success Starts with Us!

Trinity Bariatric Center
500 John Deere Road 2nd Floor
Moline, IL 61265
(309) 779-2500 Toll Free (866) 417-2500
Fax (309) 779-2505
http://trinityqc.com/Medical-Services/Bariatric-Institute.aspx

Bariatric Support Group 2013 Schedule

DATE/ TIME	SPEAKER	TOPIC	LOCATION
Tuesday, January 15 6:30pm – 8:00pm	Sara A. Neyens BSN, RN, CGRN	New Year Kickoff	Moline Campus Education Center
Tuesday, February 19 6:30pm – 8:00pm	Stacia Carroll MS CES PFT Exercise Specialist EVENT REQUIRES REGISTRATION	Welcome to Fitness Exercise Anywhere	Trinity Outpatient Rehab - RI
Tuesday, March 19 6:30pm – 8:00pm	EVENT REQUIRES REGISTRATION (309) 779-2500	Hy-Vee Protein Night	Hy-Vee 7th Street Moline
Tuesday, April 16 6:30pm – 8:00pm	Carmin Gallops MS, RD, LDN	Meal Planning Don't Be Caught Unprepared	Board Room Suite #300
Tuesday, May 24 6:30pm – 8:00pm	Center Staff	Spring Sprint (or Walk)	TBD
Tuesday, June 18 6:30pm – 8:00pm	Dr. Gary Ludwig Ph.D Psychologist	Mental Health	Board Room Suite #300
Tuesday, July 16 6:30pm - 8:00pm	Plastic Surgeon - TBD	Body Contouring	Board Room Suite #300
Tuesday, August 20 6:30pm – 8:00pm	Center Staff	FitMind Challenge	TBD
Tuesday, September 17 6:30pm – 8:00pm	Stacia Carroll MS CES PFT Exercise Specialist EVENT REQUIRES REGISTRATION	Welcome to Fitness Gym Equipment	Trinity Outpatient Rehab - RI
Tuesday, October 15 6:30pm – 8:00pm	EVENT REQUIRES REGISTRATION (309) 779-2500	Fall Festival	TBD
Tuesday, November 19 6:30pm – 8:00pm	Carmin Gallops MS, RD, LDN	Holiday Living	Board Room Suite #300
Tuesday, December 17 6:30pm – 8:00pm	Sara A. Neyens BSN, RN, CGRN	Fashion Night	TBD

*All Support Group Sessions are **FREE***
All pre-surgical and post-surgical patients are welcomed to attend
If you are thinking of weight loss surgery, come and listen, you and a support person are welcomed to attend!
OUR SUPPORT GROUP IS OPEN TO ALL.

DIRECTIONS:
To get to the support group, take John Deere Road and head south on to 7th Street. Take first right turn into Trinity Medical Center Moline Campus parking lot.
In the event that we would need to cancel the support group due to weather, please listen to 90.3 FM, and 96.1 FM or watch KWQC-TV6, WQAD-TV8, CBS4QC-TV4 and KLJB-FOX18 for additional cancellation information.

Schedule & location are subject to change

Please call the Bariatric Center if you have any questions

This support group is a requirement prior to surgery for the Trinity Bariatric Center

Revised 11/2012