

# New Beginnings Bariatric Support Group

## at Aurora BayCare Medical Center



Mary Elliston  
Support Group Facilitator

The *New Beginnings Bariatric Support Group* meets monthly and is free to anyone who has experienced or is considering weight loss surgery. The group provides mutual support and encouragement along the journey toward a healthier lifestyle, before and after surgery.

Discussions are led by patients, guest speakers or the support group facilitator. The group aims to provide peer-to-peer support, social networking, encouragement and team learning. The discussions range from nutrition to lifestyle changes, exercise, follow-up plastic surgeries and the emotional aspect of the surgery.

Bariatric surgery affects not only the patient, but the patient's family as well. Bringing loved ones to the support meetings provides a better understanding of what to expect and ways of dealing with the new changes.

*New Beginnings Bariatric Support Group* meets once a month from 7 to 9 p.m. at the Aurora BayCare Sports Medicine & Orthopedic Center Conference Center in the Performance Enhancement room. Dates for 2010 are listed below.

February 16  
March 16  
April 13  
May 11

June 15  
July 13  
August 17  
September 14

October 12  
November 9

Aurora BayCare Medical Center



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