



Louisiana Center *for*
Weight Loss Surgery

Support Group

We at the Louisiana Center for Weight Loss Surgery understand the importance of support following your weight loss surgery. Sometimes it is helpful to have someone who understands where you are in your journey, someone who has been there and can help you. We have people in the support group who are 3 years out and people who are just starting. Anyone is welcome to attend. For more information on Support Group or if you have any questions call Marci Parker at 318-998-8162. See the below schedule for dates and suggested topics. Bring your questions and concerns and we will help you along!

Support group is always in the 4th floor administration conference room Suite 405 A in the P&S Surgical Hospital building (two doors down from Dr. Sartor's office)

Date:	Leader:	Suggested Topic:
March 17th	Kathy Roberts, RN	Simple 7 (heart healthy)
April 21st	Rena Braswell, NP	Calcium and Vitamin D
May 19th	Marci Parker, LDN, RD	Sweet Addiction
June 16th	Rena Braswell	What has happened to my hair??
July 21st	Kathy Roberts	Is this normal? (Eating behaviors)
August 18th	Tiffany Truehill Devoil, LDN, RD	What's on my plate?
September 15th	Marci Parker	Meal Replacements
October 20th	Rena Braswell	Trick or Treat?
November 17th	Kathy Roberts	Surviving the Holidays
December 15th	Everyone!	Party!! Bring your favorite Holiday Snack

For more information call 318-998-8162