

MIMIS Weight Loss Surgery Support Group 2012 Schedule

Held monthly on the 3rd Tuesday, 6:00 – 7:30 p.m.

Heartwood Senior Living Conference Center, 500 Heartwood Drive Crosby, MN

About the Minnesota Institute for Minimally Invasive Surgery (MIMIS) Weight Loss Support Group:

At MIMIS, we invite pre and post-surgical patients to come together to talk, share experiences and provide emotional support to one another. Support Group offers a variety of speakers and topics designed to provide high quality, educational programs related to weight loss surgery. Discussions are not only therapeutic and educational, but lively and fun as well. Supportive family members and friends are also encouraged to attend. No registration is required.

January 17, 2012	Start the New Year off on the Right Foot, CRMC Dietician Danielle Armbrust, RD
February 21, 2012	Share your story, knowledge and recipes, Open Forum
March 20, 2012	Stump the Psychologist, Psychotherapeutic Resources Psychologist, Dr. James Collins, LP
April 17, 2012	Plastic Surgery After Weight Loss Surgery: Insurance Information and Costs, Midsota Plastic Surgeon, Dr. Thomas Satterberg, (Regular Support Group Discussion to take place from 7:30-8:00 p.m.)
May 15, 2012	Work Out Session, Amanda Weiss, Exercise Physiologist Bring workout clothes and shoes for a FREE workout session!
June 19, 2012	Local Outdoor Fitness Opportunities, John Schaubach
July 17, 2012	Emotional Issues, Denial and Excuses Discussion, Northern Psychology Associate, Dr. Jeanne Kurtz, LP
August 21, 2012	Vitamins, CRMC Dietician Danielle Armbrust, RD
September 18, 2012	Skin Care After Weight Loss Surgery, Wound Care Nurse, Shirley Stille, RN
October 16, 2012	Clothing and Recipe Exchange and Before and After Photos, MIMIS Staff
November 20, 2012	Mindful Eating , CRMC Dietician, Danielle Armbrust, RD
December 2012	No Support Group - Happy Holidays!

Support Group speaker/topic is subject to change without notice due to availability of speaker. In case of inclement weather, a cancellation decision will be made on the scheduled date by 5:00 p.m. Call 218-546-7000 or toll free 888-487-6437 for cancellation information. For more information about Weight Loss Support Groups email Jill Wehseler the MIMIS Bariatric Coordinator or call 218-546-4343 or toll free 888-546-4343.