

Baystate Medical Center

Springfield, MA 01199

BACK ON TRACK POST-OP GROUP 2012 SCHEDULE

This is a series of 15 consecutive weekly interactive group meetings for weight loss surgery and weight management patients.

In order to participate, Baystate General Surgery patients must:

- **Be at least 18 months post-op from weight loss surgery**
- **Have regained 10 or more pounds**
- **Be having trouble getting “back on track” to lose the regained weight**

Take advantage of this opportunity to renew your weight loss success! Work on re-establishing healthy food choices, healthy eating behaviors, and a healthy lifestyle in a structured, supportive and non-judgmental group setting. With hard work and a strong level of commitment, you can get “back on track” to a healthier weight. Patients in this interactive group focus on helping each other develop a plan to reach their goals.

Don’t be embarrassed! Don’t let a slip turn into a collapse!

Get “back on track” at the first sign of weight regain!

This group meeting is meant to be in addition to your regularly scheduled bariatric nutritionist appointments. Do you need to schedule an appointment with your bariatric nutritionist? If so, please call 413-794-7020.

Back on Track meetings are held in the Chestnut Surgical Center Building, 759 Chestnut St. Springfield, MA with the first meeting to be held in conference room 3.

****Pre-registration is required. To pre-register and for additional information, please call 413-794-2516. Leave a message stating your name, date of birth, daytime phone number and date of surgery.**

You are welcome to choose one of the following start dates for a 15 week commitment:

January 25, 2012

March 21, 2012

May 23, 2012

July 25, 2012

September 26, 2012

November 28, 2012

