



# UnityPoint Clinic

## Surgical Weight Loss Support Group 2018 Schedule

DATE/ TIME	SPEAKER	TOPIC	LOCATION
Tuesday, January 16 6:30pm – 8:00pm	Julie Pillard, MSN, RN Program Coordinator	Patients' Choice	Board Room Suite #300
Tuesday, February 20 6:30pm – 8:00pm	Chelsie Howe, MS, CHES Wellness Coach	Healthy Eating Habits	Board Room Suite #300
Tuesday, March 20 6:30pm – 8:00pm	Shannon Nelson, MS, ACSM-RCEP, CWHC Wellness Coach/Exercise Specialist	Exercise Guidelines	Board Room Suite #300
Tuesday, April 17 6:30pm – 8:00pm	Christine Finn, RD, CSO, LDN Dietitian	Protein Night <b>EVENT REQUIRES REGISTRATION (309) 779-2500</b>	TBD
Tuesday, May 15 6:30pm – 8:00pm	Dr. Gary Ludwig, PhD Psychologist	Mental Health Topic	Board Room Suite #300
Tuesday, June 19 6:30pm – 8:00pm	Julie Pillard, MSN, RN Program Coordinator	Walking for Fitness Note: Wear workout clothes and tennis shoes	Board Room Suite #300
Tuesday, July 17 6:30pm – 8:00pm	Christine Finn, RD, CSO, LDN Dietitian	Nutrition Topic	Board Room Suite #300
Tuesday, August 21 6:30pm – 8:00pm	Dr. Gary Ludwig, PhD Psychologist	Mental Health Topic	Board Room Suite #300
Tuesday, September 18 6:30pm – 8:00pm	Julie Pillard, MSN, RN Program Coordinator	Sharing Your Journey Come ready to speak – Your sharing your story 😊	Board Room Suite #300
Tuesday, October 16 6:30pm – 8:00pm	Christine Finn, RD, CSO, LDN Dietitian	Fall Festival <b>EVENT REQUIRES REGISTRATION (309) 779-2500</b>	Board Room Suite #300
Tuesday, November 20 6:30pm – 8:00pm	Dr. Gary Ludwig, PhD Psychologist	Mental Health Topic	Board Room Suite #300
Tuesday, December 18 6:30pm – 8:00pm	Julie Pillard, MSN, RN Program Coordinator	Holiday Tactics	Board Room Suite #300

**We are looking to do a community running/walking event or two in 2018!**  
**Please watch our Facebook page for more details on dates, times, and registration fees!**

*All Support Group Sessions are **FREE***  
*All pre-surgical and post-surgical patients 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 7<sup>th</sup> Street.  
Take first right turn into UnityPoint Health - Trinity Moline Campus parking lot.

In the event that we would need to cancel the support group due to weather, please refer to the following for updates:  
Facebook page: <https://www.facebook.com/TrinityWeightManagementSpecialists>

OR

Website: <http://www.unitypoint.org/quadcities/services-weight-management>

**\*Schedule/Speaker/Topic/Location are subject to change\***

Questions? - Please call the Weight Management Specialists team at (309) 779-2500

***This support group is a requirement prior to surgery for the Weight Management Specialists' program***