

# ST. AUGUSTINE BARIATRIC SUPPORT GROUP

## Calendar - 2020

**1st WEDNESDAY of each month at 6:30 PM - FLAGLER HOSPITAL - OSCEOLA ROOM  
400 Health Park Blvd., St. Augustine, FL 32086**

### **Jan. 8 – Back to Routines and Setting New Goals**

Reneé Wyden, EdD, LCSW

Group discussion about barriers to continued success, and getting on track with vitamins, dietary issues, and establishing a healthy exercise routine.

### **Feb. 5 - Cross Addiction & Managing Emotional Eating**

Reneé Wyden, EdD, LCSW

Group discussion on how using food as a way to distract, self-soothe, and/or escape your problems and feelings can sabotage your hard work.

### **Mar. 4 - Dressing with Intention: Creating Your Signature Look**

Cindy Clardy

Learn how to revamp your style in the New Year and achieve a signature look that is more consistent with your new body and new you

### **Apr. 1 Health Benefits of Regular Exercise & Physical Activity\***

Scott Hayford, MS

Learn about the importance of physical activity in your daily lives. \*Held at The Wellness Center – 120 Health Park Boulevard

Stay tuned for the announcement of our Spring 5K!

### **May 6 – Stress Management and Mindfulness**

Reneé Wyden, EdD, LCSW.

Group discussion on the health benefits of being in the moment and managing your stress.

**JUNE & JULY – NO SUPPORT GROUPS – EAT RIGHT, EXERCISE AND ENJOY THE SUMMER!**

### **Aug 5 - Realities of Relapse and Regain**

Reneé Wyden, EdD, LCSW

Group discussion on the pitfalls that can lead to weight gain post-surgery and the mindset that can help avoid or reverse it.

### **Sept. 2 - A Journey for Life**

Rodger Dodger

Learn about the lessons, hardships, joys and celebrations of this inspiring speaker's weight loss and get fit journey.

Stay tuned for the announcement of our Fall 5K!

### **Oct. 7 - Identity Formation: Who am I?**

Reneé Wyden, EdD, LCSW

Build a healthier perception of your past and present identity for increased self-esteem and positive forward movement in life.

### **Nov. 4 –Grocery Shopping and Eating Bariatric on a Budget**

Jessica Lindamood, RD, LD/N

Let's walk the aisles and learn how to plan, shop and save for weight loss success. \*Held at Publix – 125 Jenkins St/ [Cobblestone Village].

### **Dec. 2 – Staying on Track through the Holidays**

Reneé Wyden, EdD, LCSW

Group discussion on how strategize, stay on track and not fall in the trap of Holiday eating.