

Location:
The Davis Clinic
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Houston, TX 77024

Contact:
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Time: 6:30 PM
3rd Monday of every Month
*Note topics & facilitators are subject to change

Date	Topic	Facilitator
4-18-11	Lap-Band Fills "When do I need a fill versus nutrition counseling?"	Ruth Bernard, MEd, MHS, PA-C
5-16-11	Food and Nutrition "Can eating too much protein make me fat?" "What does it mean to eat a balance diet?"	Ruth Bernard, MEd, MHS, PA-C Maddie Orsak, MS, RD, LD
6-20-11	Fitness & Exercise "Summer is here so let's kick it with some exercise!" "Fat loss/muscle gain? Huh?"	Ruth Bernard, MEd, MHS, PA-C Sean Eckert, personal trainer
7-18-11	"Will Power: Help! I can't control my hunger!" Guest speaker: Dr. Garth Davis, MD	Ruth Bernard, MEd, MHS, PA-C Dr. Garth Davis, MD
8-15-11	Avoiding Common Pitfalls How to stay out of "Bandster Hell?"	Ruth Bernard, MEd, MHS, PA-C
9-19-11	Vitamins, Minerals & More The importance of micro-nutrition after weight loss surgery	Ruth Bernard, MEd, MHS, PA-C
10-17-11	Band Complications Why They Occur & How to Avoid Them	Ruth Bernard, MEd, MHS, PA-C
11-14-11	Surviving the Holidays: Menu Ideas, Planning & Tips for Avoiding Holiday Weight Gain	Ruth Bernard, MEd, MHS, PA-C
TBA	Holiday Party!!!	