



2010 Men's WLS Support Group Schedule

LOCATION:

The Davis Clinic
 929-B Gessner Road, Suite 106
 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
01-18-10	WLS in Men: How Are We Different Than Women?	Sean Nichols
02-15-10	Emotional Aspects of WLS: Why Do I Feel the Way I Do?	Sean Nichols
03-15-10	Physical Changes: What the Heck is Going On Here?	Sean Nichols
04-19-10	Intimacy Issues: How Do I Deal With the New Me & How Does it Affect Intimacy?	Sean Nichols
05-17-10	Exercise: How Can I Tighten This Up?	Sean Nichols
06-21-10	Cross Addictions: What Are They and How Do I Recognize and Avoid Them?	Sean Nichols
07-19-10	Blood Work & Vitamins: Are They Really Important?	Sean Nichols
08-16-10	Relationships: How Do I Deal with and Help My Family with All These Changes?	Sean Nichols
09-20-10	Food, Food, Food: What Can I Eat?	Sean Nichols
10-18-10	Body Image: Options for Change After Goals Are Reached	Sean Nichols
11-15-10	It's All About Balance: Maintaining Control During the Holidays	Sean Nichols
12-20-10	Enjoying the Spotlight: How Do I Deal with All the New-Found Attention?	Sean Nichols