

LOCATION:

The Davis Clinic
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Houston, TX 77024

Contact:

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Time: 6:30 PM

3rd Tuesday of every Month

*Note topics & facilitators are subject to change

Date	Topic	Facilitator
1-19-10	What Really Makes You Eat?	Jamie Carr, BSN, RN, CBN
2-16-10	MedGem: Your Resting Metabolic Rate & What It All Means	Stephanie Barrocas, RD/LD
3-16-10	Bariatric Micro-nutrition: Vitamins & Minerals ... Why Are They So Important to Your Health?	Tom Kinder, President/CEO Bariatric Advantage
4-20-10	Eating Habits: Why Do They Matter?	Jamie Carr, BSN, RN, CBN
5-18-10	10 Fitness "Secrets" You Have to Know to Avoid the WLS Plateau!	Austin Davis
6-15-10	Trigger Foods and Your Feelings	Jamie Carr, BSN, RN, CBN
7-20-10	Fundamentals of Nutrition	Stephanie Barrocas, RD,LD
8-17-10	Maintaining Weight Loss	Jamie Carr, BSN, RN, CBN
9-21-10	Cooking Healthy: A Hands-on Demonstration	To be determined
10-19-10	No Weight Gain for the Holidays! - Part 1	Stephanie Barrocas, RD, LD Jamie Carr, BSN, RN, CBN Shaun Eckhardt
11-16-10	No Weight Gain for the Holidays! - Part 2	Stephanie Barrocas, RD, LD Jamie Carr, BSN, RN, CBN Austin Davis
TBA	Holiday Party	To Be Announced