



## 2009 Weight Loss Surgery Support Group Schedule

**NEW TEMPORARY LOCATION:**  
Memorial Hermann Memorial City Medical Center  
921 Gessner Road  
East Tower, 5<sup>th</sup> Floor, Conference Room "A"  
Houston, TX 77024

**Contact:**  
**Jamie Carr, RN**  
Phone: 713-464-6000  
Email: jamie.carr@thedavisclinic.com

**Time: 6:30 PM**  
3<sup>rd</sup> Tuesday of every Month  
\*Note topics & facilitators are subject to change

Date	Topic	Facilitator
1-13-09	Kick-off meeting! "New You ... New Year!"	Jamie Carr, RN Monica Agosta, Psy.D
2-17-09	Nutrition	Kathryn Lito, RD
3-17-09	Behaviors, Triggers and How to Cope	Monica Agosta, Psy.D
4-21-09	Topic To Be Announced!	Garth Davis, MD
5-19-09	Food and Feelings ... Tying it All Together!	Jamie Carr, RN
6-16-09	Vitamins and Minerals ... What Does it All Mean?	C.J. Brock
7-21-09	Topic To be Announced	Monica Agosta, Psy.D
8-18-09	Perfect vs. Progress ... Which One Am I?	Jamie Carr, RN
9-15-09	Body Contouring After Weight Loss Surgery: What Can Be Done?	Camille Cash, MD
10-20-09	Get ready! The Holidays Are Coming ...	Jamie Carr, RN
11-17-09	Tips and Guidelines ... No Weight Gain for the Holidays!	Jamie Carr, RN
12-15-09	Holiday Party!	Details to be Announced