

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
1-18-11	New Year, New You - Time to get Motivated	Dr. Garth Davis Maddie Orsak, MS, RD, LD
2-15-11	Fruits and Vegetables - What Makes Them so Good for Me?	Maddie Orsak, MS, RD, LD
3-15-11	Spring Cleaning - Changing Behaviors for the Better	Maddie Orsak, MS, RD, LD
4-19-11	The Importance of Vitamins after Weight Loss Surgery	Jacqueline Jacques, ND Maddie Orsak, MS, RD, LD
5-17-11	Grocery Shopping - How to Make a Quick <i>and</i> Healthy Trip	Maddie Orsak, MS, RD, LD
6-21-11	Summer Cookin'	Chef Lennie Hall Maddie Orsak, MS, RD, LD
7-19-11	Making Success Long Term	Maddie Orsak, MS, RD, LD
8-16-11	Cosmetic Surgery	Dr. Camille Cash Maddie Orsak, MS, RD, LD
9-20-11	Sugars and Why They Aren't Always Sweet	Maddie Orsak, MS, RD, LD
10-18-11	Eating Healthy When Dining In <i>or</i> Out	Maddie Orsak, MS, RD, LD
11-15-11	Get Fit - The Importance of Exercise (Wear comfortable clothes and tennis shoes to participate in a few beginner stretches/exercises)	Sean Eckert Maddie Orsak, MS, RD, LD
TBA	Holiday Party	To Be Announced