



2020 Bariatric Forum Calendar

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| Brigham and Women's Surgical Associates 51 Performance Drive, Entry Two, Suite 300, Weymouth MA 01289 <u>Directions to Suite 300:</u> Enter at Entry 2. Take the elevators to the 3rd floor. Suite 300 will be on your right. | Brigham and Women's/Mass General Health Care Center Patriot Place, Foxboro 20 Patriot Pl, Foxborough, MA 02035 2 nd Floor Community Conference Room |
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Forums will be held on the 3rd Wednesday of the month unless noted otherwise.

| Month/Date | Topic |
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| *January 7th Tuesday, 6-7pm Patriot Place - Foxboro | Breaking Down the Headlines! Latest takeaways from research on nutrition and exercise. |
| *February 4th Tuesday, 6-7pm Patriot Place - Foxboro | Exercise for Life with Exercise Physiologist, Lexie Cabral Safe exercises anyone can do. Comfortable clothes suggested but not mandatory! |
| February 12th 4:30-5:30pm 51 Performance Drive | Stress & Sleep <i>Learn how stress and sleep can impact our overall health and how we can improve both.</i> Hosted by Dr. Mark Gorman |
| March 18th 5:30-6:30pm 51 Performance Drive | Protein shake tasting <i>Taste test and trade secrets with your bariatric team and other patients.</i> Hosted by Maresa Weems, Dietitian |
| May 13th 5:30-6:30pm 51 Performance Drive | Beginner Resistance Band Exercises <i>Come dressed in comfortable clothes and get some practice with exercises you can do anywhere. Open to any fitness level. Hosted by Ryan Mandeville, personal trainer & owner of Cross Climb Gym</i> |
| June 17th 5:30-6:30pm 51 Performance Drive | Cooking Demonstration: Summer Party Snacks & Tips <i>Join us in our kitchen as we prepare a few new party snacks for you to sample while discussing how to stay on track at your next grad party or BBQ. Hosted by Amanda Lavasseur, Dietitian</i> |
| July 15th 5:30-6:30pm 51 Performance Drive | The Truth Behind Fad Diets <i>Keto, intermittent fasting, the "pouch re-set" diet... come learn the truth behind the fads and see what all the hype is about. Hosted by Amanda Lavasseur, Dietitian</i> |
| *August 19th 6-7pm Facebook Live | "Eat This. Not That" <i>Learn how to be an ingredient detective to better understand ingredients and building healthy recipes. Hosted by Lindsay Andrews, Dietitian</i> |
| September 16th 5:30-6:30pm 51 Performance Drive | Body Image <i>Your body changes quickly after surgery and it takes some time for your brain to catch up. Learn how to embrace your changing body. Hosted by Dr. Mark Gorman</i> |
| *October 21st 5:30-6:30pm 51 Performance Drive | Open Discussion: What we know about weight re-gain Hosted by Dr. Neil Ghushie |
| *November 2nd Monday, 6-7pm Patriot Place - Foxboro | Zumba One of our own patients will show us Zumba moves as we get our heart rate going. All fitness levels welcome! Be sure to wear comfortable clothes and shoes to move around in! |
| November 18th 5:30-6:30pm 51 Performance Drive | Holiday Party: Water Bottle Decorating & Recipe Swap <i>We'll supply the water bottle and decorating supplies. Bring in your favorite healthy holiday recipe to share. Hosted by Maresa Weems, Dietitian</i> |
| *December 16th Wednesday, 6-7pm Patriot Place - Foxboro | Mindful Eating Workshop <i>In this hands-on workshop, learn how to incorporate mindfulness into your life about build a healthy relationship with food. Hosted by Amanda Lavasseur, Dietitian</i> |

***CMBS patients only**