BRIGHAM AND WOMEN'S
Center for Metabolic and Bariatric Surgery

South Shore Hospital

2019 Bariatric Forum Calendar - South Shore Hospital

51 Performance Drive, Entry Two, Suite 300, Weymouth MA 01289

Directions to Suite 300: Enter the complex at Entry 2. Take the elevators on your left up to the 3rd floor. Suite 300 will be on your right.

Please note times and dates may vary

Month	Topic
Monday, January 28th 6:00-7:00 pm	**Back on track** *Fitness 101 and how to start a training program, including a fitness demo and discussion with Mike Monarch, Owner at Mass MVMNT and Level 1 CF coach*
Tuesday, February 26th 6:00-7:00 pm	***Pain? Stiff back? Sciatica?*** *Learn about spinal health and what you can achieve through chiropractic medicine with Dr. Christopher Olivieri of Olivieri Family Chiropractic*
Monday, March 18th STC 5:30-6:30 pm	***Plastic surgery after weight loss****. Learn about plastic surgery options after weight loss with Dr. Benjamin Christian.*
Wednesday, April 3rd 5:30-6:30 pm	***Protein shakes tasting and healthy snack ideas.*** *Hoping to add some new protein shakes or healthy snacks to your meal plan? Taste test and trade secrets with your bariatric team and other patients. Hosted by Maresa Weems, RD*
Wednesday, May 15th 6:00-7:00pm	**Hormonal influences and neurological insights (Facebook live only)** *Tune in to our Facebook Live feed to learn the latest science of hormonal influences and neurological insights in bariatric surgery. Hosted by Dr. Paul Davidson*
Wednesday, June 19th 5:30-6:30 pm	**Back on track** *Food hacks, recipe adjustment, and thinking like a bariatric patient. Hosted by Shelby Burns, RD*
July	***No forum this month***
Tuesday, August 20th 6:00-7:00 pm	**Handling stress and sleep health (Facebook live only)** *Tune in to our Facebook live feed to learn the latest on handling stress and sleep health. Hosted by Dr. Mark Gorman*
Wednesday, September 18th 5:30 - 6:30 pm	**Open discussion** *Bring your own discussion topics, or bring questions for your bariatric team. Hosted by Dr. Ghushe and Maresa Weems, RD*
Tuesday, October 16th 6:00-7:00pm	**CMBS fashion show and NSV celebration** *For World Obesity Day, we're showing off your successes with a fashion show and a makeover session!* ***Brigham and Women's Hospital, Boston, MA***
Monday, November 18th 5:30-6:30pm	**Navigating the holidays** *Given the challenges that can accompany the holidays, we will review strategies to help stay aligned with your health goals. Hosted by Shelby Burns, RD*
Wednesday, December 18th 5:30-6:30pm	**Back on track** *Body image and seeing how successful you've been. Hosted by Dr. Mark Gorman*