



2019 Bariatric Forum Calendar (6-7pm)

Brigham and Women's Faulkner Hospital – Mary Ann Tynan 1 Conference Room

Brigham and Women's Hospital - Carrie Hall Conference Room

Starting in 2019, the BACK on TRACK series will help all who have struggled with weight regain or anyone planning ahead to prevent returning to old behaviors.

Month	Topic
Wednesday, Jan 16 Brigham and Women's Faulkner Hospital	BACK on TRACK <i>Weight Lifting 101 and how to start an exercise routine including fitness demo and discussion with Golden Home Fitness personal trainers.</i>
Tuesday, Feb 19 Brigham and Women's Hospital	Healthy Recipe Demos & Recipe Exchange (Facebook Live & in person) <i>Join Go Nutre (meal delivery program) registered dietitian Jessica for some healthy recipe ideas and meal prep hacks. Samples will be provided!</i>
Wednesday, Mar 20 Brigham and Women's Faulkner Hospital	Open Discussion <i>Bring your own discussion topics and meet with members or our bariatric team.</i>
Tuesday, Apr 16 Brigham and Women's Hospital	BACK on TRACK <i>Emotional eating and drinking – stop it in its tracks. Learn tips for identifying non-hunger eating and discuss substance abuse with bariatric psychologist and guest patient facilitator.</i>
Wednesday, May 15 Brigham and Women's Faulkner Hospital	Hormonal Influences and Neurological Insights (Facebook Live only) <i>It's not just about the stomach...learn how bariatric surgery changes both our hormones and how the brain processes food</i>
Tuesday, June 18 Brigham and Women's Hospital	Protein Taste Testing and Healthy Snack Ideas <i>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.</i>
Wednesday, July 17 Brigham and Women's Faulkner Hospital	BACK on TRACK <i>Food hacks, recipe adjustment, and thinking like a bariatric patient.</i>
Tuesday, August 20 Brigham and Women's Hospital	Handling Stress & Sleep Health (Facebook live only) <i>Learn how stress and sleep can impact our overall health and how we can improve both.</i>
Wednesday, September 18 Brigham and Women's Faulkner Hospital	Plastic Surgeon Q&A with Dr. Simon Talbot <i>Considering plastic surgery or just curious to learn about options? Meet a plastic surgeon to have your questions answered.</i>
Tuesday, October 15 Brigham and Women's Hospital	CMBS Fashion Show and NSV Celebration <i>For World Obesity Day, we're showing off our successes with a fashion show and makeover session!</i>
Wednesday, November 20 Brigham and Women's Faulkner Hospital	Patient Stories <i>Bring your own discussion topics and meet with members or our bariatric team.</i>
Tuesday, December 17 Brigham and Women's Hospital	BACK on TRACK <i>Body image and "seeing" how successful you've been.</i>

*Please note that the schedule rotates locations each month.