

DR. BRIAN GLUCK

BARIATRIC SUPPORT GROUP SCHEDULE

QUARTERLY SUPPORT EVENT

GROUP LEADER: LETIZIA CHARLESTON, MSW

LOCATION: MERCY HEALTH
SHERMAN CAMPUS in
CONFERENCE ROOMS A, B AND C

TIME: 6:15PM

SCHEDULE FOR 2018

MONDAY, March 19th
PLASTIC SURGERY

MONDAY, June 18th
EXERCISE

MONDAY, September 17th
FASHION/CLOTHES SWAP – Bring your clean, gently
used clothes if you would like to participate in the swap.

MONDAY, December 3rd
HOLIDAY COOKING

The first half of the Monday evening quarterly support event has a scheduled speaker and the second half is for open discussions.

Specific times are designed so that you may attend either one or both. If you would like to hear the speaker, but do not wish to stay for the group, you may do so. If you would like to stay for the group, but do not wish to hear the speaker, you may do that also.

The decision is completely up to you.



LIVING LIFE WITHOUT LIMITS 2018

ALL PATIENTS WELCOME!
BEFORE OR AFTER SURGERY

Groups are held at Life without Limits
1325 E. Sherman Blvd.
at 6:00 pm. Phone # 231-737-8446

Dates for the upcoming months:

Wednesday, February 28th

Wednesday, March 28th

Wednesday, April 25th

Wednesday, May 23rd

Wednesday, June 27th

Wednesday, Aug 22nd

Wednesday, Sept 26th

Wednesday, Oct 24th

Wednesday, Nov 28th

BACK ON TRACK

NEW and IMPROVED!

Groups are scheduled by appointment for this 3 week class. This group is intended for those who are greater than a year out from surgery and are looking for ongoing support. The group will focus on how to get "Back on Track" and recommit to a healthy lifestyle. The group is led by Debra Warren, RD and Letizia Charleston, MSW.

CALL to schedule! At present, we are scheduling monthly in Dr. Gluck's office. If you are interested, please contact the office at 231-737-8446 and state that you would like to sign up for a Back on Track Class.

OUT OF TOWN

GRANT SUPPORT GROUP

Location: Northern Physical Therapy

17615 W. Moore Road

Contact Number: 616-292-6222 (Dawn)

BALDWIN SUPPORT GROUP

Contact Number: 231-729-4093 (Debra)

IF YOU HAVE A CONTACT PERSON FOR
A SUPPORT GROUP IN YOUR AREA,
PLEASE CONTACT JENNIFER, RN AT DR.
GLUCK'S OFFICE (231) 737-8446

DR. BRIAN GLUCK

*Bariatric Support Group Schedule
(cont.)*

LUNCH N' LEARN

**ALL PATIENTS WELCOME!
BEFORE OR AFTER SURGERY**

**Groups are held at Life without Limits
1325 E. Sherman Blvd.
at 12:00pm. Phone # 231-737-8446**

Dates for the upcoming months:

Wednesday, March 21st
Wednesday, April 18th
Wednesday, May 16th
Wednesday, June 20th
Wednesday, July 18th
Wednesday, Aug 29th
Wednesday, Sept 19th
Wednesday, Oct 17th
Wednesday, Nov 21st
Wednesday, Dec 19th

This group is led by Debra Warren, RD. Try samples of bariatric friendly recipes while discussing a monthly topic.

CALL the office to register!

EXERCISE IDEAS

SkeeTown Crossfit
231-577-9253
1478 E Ellis Rd
Muskegon

Muskegon Yoga Center
231-668-4181
255 Seminole Rd
Norton Shores

Fit Body Boot Camp
Receive a patient discount
231-766-8629
6516 Schambler Dr
Norton Shores

Tanglewood Park
231-755-0434
560 Seminole Rd
Norton Shores

**Spring Lake Community Fitness &
Aquatic Center**
616-847-5858
16140 148th Ave
Spring Lake

Free Workout Videos Available:
Family Video
Cable On Demand
Your Local Library
YouTube

