

Bariatric Support Group Schedule 2019 (cont.)

Lunch N' Learn

All patients welcome,
before or after surgery. Sample bariatric
friendly recipes and discuss a monthly
topic.

Space is limited – please call the office to
signup, (231) 737-8446.

Groups are held at the Life without Limits
office – 1325 E Sherman Blvd

Time: 12:00 – 1:00 pm

Group is led by Debra, RD

Upcoming dates:

Tuesday, February 19, 2019

Tuesday, March 12, 2019

Tuesday, April 16, 2019

Tuesday, May 21, 2019

Tuesday, June 18, 2019



Exercise Ideas

- SkeeTown Crossfit
- Lakeshore Fitness Center Next Steps Program
- Muskegon Yoga Center
- Rootdown Yoga
- Fit Body Boot Camp
- Tanglewood Park
- Spring Lake Community Fitness & Aquatic Center
- Free workout videos available online and in your app store

Out of Town Groups

All patients welcome, before or after surgery.

These are typically peer led groups and are held at various locations. Please contact the contact person of the group to inquire about times and dates.

Grant

Location: Northern Physical Therapy
17615 W Moore Rd
Contact Dawn: 616-292-6222

Fremont – GROUP ON HOLD

Location: Tamarac Wellness
1401 W Main St
Contact Ruth: 231-924-1896

Baldwin

Location: TBD
Contact Debra: 231-729-4093

If you know of a contact person for a support group in your area, please let us know.

BARIATRIC SUPPORT GROUP SCHEDULE 2019

Living Life without Limits Support Group

All patients welcome, before or after surgery. It is not required to sign-up in advance.

Groups are held at the Life without Limits office –
1325 E Sherman Blvd

Time: 6:00 – 7:00 pm
Group is led by Letizia, MSW

Upcoming dates:

Tuesday, January 22, 2019
Tuesday, February 26, 2019
Tuesday, March 26, 2019
Tuesday, April 23, 2019
Tuesday, May 28, 2019
Tuesday, June 25, 2019

Back on Track

This class is appropriate for any patient that is greater than 1 year after surgery and is looking to get back on track. Please call the office to sign-up, (231) 737-8446. Class typically meets the first Tuesday of the month at 5:30 pm. Back on Track is held at the Life without Limits office – 1325 E Sherman Blvd. Led by Letizia, MSW and Debra, RD.

Quarterly Support Event

All patients welcome, before or after surgery. The first half of these events has a scheduled speaker and the second half is open for discussion. It is not required to sign-up in advance.

Groups are held at Mercy Health
Sherman Campus Conference
Rooms A, B, and C – 1500 E
Sherman Blvd

Time: 6:15-7:15 pm
Group is led by Letizia, MSW

Upcoming dates:

Monday, March 18, 2019
Topic-Plastic Surgery

Monday, December 9, 2019
Topic-Holiday Cooking

