

2019 Danbury Hospital Bariatric Surgery Support Group Schedule

Wednesday, January 9th

- 6:00 pm: Robilotti Center
 - Let's Talk Nutrition w. Mikelanne Phaneuf, RD

Thursday, February 7th

- 2:30 pm: Robilotti Center Host: Andy Tucker, PhD
 - Relapse Prevention: Stay the Course

Wednesday, February 13th

- 6:00 pm: Robilotti Center Host: Emily Fritz, LCSW
 - Relapse Prevention: Stay the Course

Wednesday, March 13th

- 6:00 pm: Robilotti Center Host: Mikelanne Phaneuf, RD
 - Support your Support: Bring Your Support Person(s) Night

Thursday, April 4th

- 2:30 pm: Robilotti Center Host: Andy Tucker, PhD
 - Look how far we've come

Wednesday, April 10th

- 6:00 pm: Creasy Auditorium Host: Emily Fritz, LCSW
 - Let's Talk Coping Skills

Wednesday, May 8th

- 6:00 pm: Robilotti Center Host: Mikelanne Phaneuf, RD
 - Plastic Surgery w. Dr. Brucato

Thursday, June 6th

- 2:30 pm: Robilotti Center Host: Andy Tucker, PhD
 - Head Hunger / Self-Sabotage: Psychology behind our behaviors

Wednesday, June 12th

- 6:00 pm: Robilotti Center Host: Emily Fritz, LCSW
 - Look how far we've come

**** Topics subject to change – please log into: www.danburyhospital.org to confirm**

2019 Danbury Hospital Bariatric Surgery Support Group Schedule

Wednesday, July 10th

- 6:00 pm: Robilotti Center Host: Mikelanne Phaneuf, RD
- Show and Tell: Recipe and Clothing Swap

Thursday, August 1st

- 2:30 pm: Robilotti Center Host: Andy Tucker, PhD
- Let's Talk Coping Skills

Wednesday, August 14th

- 6:00 pm: Robilotti Center Host: Emily Fritz, LCSW
- Pulmonary

Wednesday, September 11th

- 6:00 pm: Robilotti Center Host: Mikelanne Phaneuf, RD
- Let's Talk Nutrition

Thursday, October 3rd

- 2:30 pm: Robilotti Center Host: Andy Tucker, PhD
- Exercise w. Michele Smallidge

Wednesday, October 9th

- 6:00 pm: Robilotti Center Host: Emily Fritz, LCSW
- Head Hunger / Self-Sabotage: Psychology behind our behaviors

Wednesday, November 13th

- 6:00 pm: Robilotti Center Host: Mikelanne Phaneuf, RD
- Exercise with Rob Morse

Thursday, December 5th

- 2:30 pm: Robilotti Center Host: Andy Tucker, PhD
- Are you ready for 2020?

Wednesday, December 11th

- 6:00 pm: Robilotti Center Host: Emily Fritz, LCSW
- Let's get ready for 2020!