



St. Luke's Bariatric Surgery Support Group



For information, call
St. Luke's Bariatric
Services at 610-628-8315
and speak with our
bariatric team.

Also, join St. Luke's
Bariatric Web Forum at
www.slnh.org.

This support group is highly recommended and strongly encouraged for patients who have undergone or are considering weight loss surgery. These sessions cover a variety of issues from nutrition, exercise and lifestyle changes necessary to stay healthy and maintain success.

Group meets the 3rd Wednesday of each month from 7 to 9 pm at St. Luke's Hospital – Allentown Campus in the new East Wing Education Center, 1st Floor

For easy access, please park at the East Entrance at the corner of 17th and Hamilton Streets. The Education Center is located off the main lobby of the East Entrance.

For parking lot/entrance information and driving directions, please print out the map and directions to the Allentown Campus appearing on our web site at www.slnh.org.

First Strides®

Wednesday, June 17, 2009

Michelle Sames

Co-leader First Strides®

Can you imagine yourself fit and strong, striding comfortably during an easy work-out or a 5K race? Join us as Michelle explains the gradual, self-paced 12-week program where you progress from the couch to walking, and then to jogging at a pace that's right for you so YOU CAN cross that finish line!

Body Image and Self Esteem

Wednesday, July 15, 2009

*Psychotherapist Maureen Tatu,
MS, APRN, CS*

You've lost weight, but are you having difficulty viewing yourself as a thinner person? Do you gravitate to the back of the room during social events? Join us as Maureen offers her expertise on body image and self esteem.

Coping Skills for Emotional Eating

Wednesday, August 19, 2009

Betsy Walton-Phillips, MSW, LCSW

Do you still search your cupboards for food when you're bored? Do you think about eating when your emotions are out of control? Join us as Betsy shares different coping skills to help us gain power over emotional eating.

Recipe Revamp

Wednesday, September 16, 2009

*Registered dietitians Debbie Cooper
and Dorothy McFadden*

Join us as Debbie and Dorothy teach us about ingredient substitution that will make our favorite recipes healthier without sacrificing taste.

Not sure if you can substitute applesauce for oil or skim milk for heavy cream? Let us figure it out. Also, share a few of your savory recipes and let our dietitians "figure" out how to make them healthier!