

Support Groups Calendar 2012

January			July		
2	Rocky Mount	No Support	2	Rocky Mount	
9	Greenville		9	Greenville	
16	New Bern	Holiday	16	New Bern	No Support
23	Washington		23	Washington	No Support
February			August		
6	Rocky Mount		6	Rocky Mount	
13	Greenville		13	Greenville	
20	New Bern		20	New Bern	
27	Washington		27	Washington	
March			September		
5	Rocky Mount		3	Rocky Mount	Holiday
12	Greenville		10	Greenville	
19	New Bern		17	New Bern	
26	Washington		24	Washington	
April			October		
2	Rocky Mount		1	Rocky Mount	
9	Greenville		8	Greenville	
16	New Bern		15	New Bern	
23	Washington		22	Washington	
May			November		
7	Rocky Mount		5	Rocky Mount	
14	Greenville		12	Greenville	
21	New Bern		19	New Bern	No Support
28	Washington	Holiday	26	Washington	
June			December		
4	Rocky Mount		3	Rocky Mount	
11	Greenville		10	Greenville	
18	New Bern		17	New Bern	No Support
25	Washington		24	Washington	Holiday

****No Support on Holidays Marked.**

2012	Southern Surgical Support Group Themes
January	Come One Come All-Bring a friend Night!
February	Winning After Losing, Keep Off the Weight You've Lost Forever
March	Patient Pinning Ceremony
April	Speaker: Psychologist, Q & A on Bariatrics Forever
May	Volume Control
June	Speaker: Exercise, Land and Water
July	Patient Testimony: Banding, Bypass and Sleeve
August	Walk From Obesity-Guest from PCMH
September	Speaker: Plastic Surgery
October	Taste Testing: Pot Luck with your Bariatric friendly recipe.
November	Speaker: Nutritionist, Holiday Eating
December	Christmas Party
	**Please bring a canned good or toy to be donated if you can.

****Support topics are subject to change due to guest availability and Support Group location****