



Your Health—Your Life—Your Responsibility

Bariatric Educational Sessions & Treatment

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face..."

You must do the thing you think you cannot do".

Eleanor Roosevelt



Be your **BEST!**

Pounds For Health Medical Weight Management and Research Centre

The objective of BEST, Bariatric Educational Sessions & Treatment Program is to provide education in an interactive environment of a small group of patients (8-12) to develop skills for lifelong weight management .

This is a not for profit venture, aimed at creating a patient support network. During the 10 lectures and workshops, the following areas will be addressed:

- **Nutrition:** sessions with Registered Dietitian teaching the basics of food groups, meal planning, understanding of calories, fat vs. muscle, the importance of protein, food labels, low calorie diets, meal replacement, preparation for surgery, recovery and maintenance diet.
- **Psychology:** sessions with Behavioral Therapist discussing issues associated with being overweight, providing tools and resources, emotional preparedness for bariatric surgery and post surgery challenges.
- **Physical Activity:** session with Kinesiologist teaching how to gradually change the level of activity; focusing away from weight loss to wellbeing.
- **Motivation:** sessions with Motivational Speaker, discovering your personal power and using it to take control over your life.



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For more information call Margaret @ 905-331-3975



SESSIONS OUTLINE

(for dates please call our info line at 905-331-3982)

1.
Relationships With Food – RD
2.
Nutrition Matters: your body size, energy balance, meal planning for health and satisfaction – RD
3.
Success comes from within - Motivational Speaker
4.
Taking charge of “energy in” – RD
5.
Goal Setting Strategies – Motivational Speaker
6.
Managing a lower calorie lifestyle;
Winning nutrition solutions for weight management - RD
7.
Maximizing your “energy out” – Kinesiology
8.
Bariatric Surgery: Nutrition assessment and diet changes – RD
9.
Change is Hard! – Behavioral Therapy
10.
Goal Setting Strategies – Behavioral Therapy

Program cost, including all handouts and taxes, \$350

Sessions can be taken out of order; all 10 must be completed for the certificate of completion. There is no time limit on the completion and sessions can be repeated space allowing.



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