



# BARIATRIC EDUCATION GROUP

**Heading into Bariatric Surgery or recovering from Surgery and need some additional support?**

**We have the group for you! Once a month, AM Nutrition Services hosts a virtual group session to discuss, share, answer questions and concerns on bariatric-related topics from nutrition to mental health.**

**Topics for Discussion:**

**January: New Year, New Goals**

**February: Heart Health**

**March: Let's Talk GLP-1**

**April: Realities of Surgery**

**May: Preparing for Summer & Traveling**

**June: Basics of Nutrition**

**July: Meal Prepping for Your Goals**

**August: Importance of Supplementation**

**September: Move Your Body**

**October: Preparing for the Holidays**

**November: Mental Health & Mindfulness**

**December: Support & Bariatric Surgery**

**If you are interested, speak with your dietitian on how you can join the class!**

**Any other questions, please feel free to email [a.buyuktimkin@amnutritionservices.com](mailto:a.buyuktimkin@amnutritionservices.com).**

*In order to provide the best bariatric group class and to feasibly continue the class, we will be billing insurance for the time spent together. Although, if your insurance denies for any reason, there will be no out of pocket fee or bill associated with attending the class.*

*Thank you for supporting us!*

## **2025 Group Schedule**

**January:** New Year, New Goals

- *Thursday, January 9th at 6:30PM MST*

**February:** Heart Health

- *Thursday, February 13th at 6:30PM MST*

**March:** Let's Talk GLP-1

- *Thursday, March 13th at 6:30PM MST*

**April:** Realities of Surgery

- *Thursday, April 10th at 6:30PM MST*

**May:** Preparing for Summer & Traveling

- *Thursday, May 8th at 6:30PM MST*

**June:** Basics of Nutrition

- *Thursday, June 12th at 6:30PM MST*

**July:** Meal Prepping for Your Goals

- *Thursday, July 10th at 6:30PM MST*

**August:** Importance of Supplementation

- *Thursday, August 7th at 6:30PM MST*

**September:** Move Your Body

- *Thursday, September 11th at 6:30PM MST*

**October:** Preparing for the Holidays

- *Thursday, October 9th at 6:30PM MST*

**November:** Mental Health & Mindfulness

- *Thursday, November 6<sup>th</sup> at 6:30PM MST*

**December:** Support & Bariatric Surgery

- *Thursday, December 11th at 6:30PM MST*

*Dates are subject to change. All individuals on the bariatric email list will be notified of any immediate changes. Please reach out to Arda Buyuktimkin MS, RD, CDCES for any additional questions.*