



AM Nutrition Services Bariatric Education Group

Once a month we meet virtually to discuss, share, answer questions and concerns. 5 pm the 2nd Tuesday of every month.

Topics for discussion:

January: How Small Changes lead to Big Impacts

February: ProCare (importance of a multivitamin and supplementation)

March: Bariatric Surgeon

April: Mental Health (guest speaker from therapist)

May: FAN FAVORITE!! Derrick with Spooner PT

June: Patient's Experience and Open Discussion about the Bariatric Experience

July: Guest Speaker (Plastic surgeon specializing in post bariatric surgery)

August: Meal Planning/Prep

September: Bariatric Surgeon

October: Bariatric and the Importance of Support

November: He's back!! Derrick with Spooner PT

December: The Holidays and You

Arda Buyuktimkin, MS, RD is excited to lead the group discussion.

Any questions please feel free to email a.searles@amnutritionservices.com or

a.buyuktimkin@amnutritionservices.com or call 602.549.7511

Scan below to sign up to receive the invitation

