

2019 FRESH BEGINNINGS SUPPORT GROUP MEETINGS

NEW LOCATION! Meetings are now held at the UAB Hospital-Highlands Campus and the address is 1201 11th Avenue South, Birmingham, AL 35205. We will meet in the Boardroom located on the first floor.

UAB Hospital is a designated Level 1 Bariatric Center of Excellence by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). This designation means that UAB Hospital provides a full service comprehensive weight-loss surgery program that has a proven record of providing the highest quality care for the most challenging and complex bariatric patients, with optimal opportunity for safe and effective outcomes. UAB Hospital was the first health care institution with this certification in the state of Alabama and the Southeastern Region.



UAB Fresh Beginnings Support Group Meetings are offered in person and online for patients who cannot attend a meeting due to health reasons or travel distance. All meetings are free to UAB patients. The meetings are held in the Board Room of UAB Hospital-Highlands Campus. Remember, our meetings are supportive and we ask that you respect the privacy and confidentiality of each member. In the event of inclement weather, call the Bariatric Coordinator's office at 205-996-6984 to ensure that the meeting has not been cancelled.

Thank you and please join us for topics related to supporting a healthier lifestyle!

PARKING OPTIONS

Parking is free at UAB Hospital-Highlands and is conveniently located in the lot next to the building and in a deck on 12th Street South across from the UAB Hospital-Highlands ER. Valet parking is also available at the main entrance of UAB Hospital-Highlands.

NEED DIRECTIONS?

DOWNLOAD UAB'S Wayfinder to your tablet or smart phone!
uabmedicine.org/wayfinder

Please visit the Bariatric Surgery website at uabmedicine.org/bariatricsurgery for more helpful information.

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2019 Fresh Beginning Support Group Meeting Calendar

UAB Hospital-Highlands Campus • 1201 11th Avenue South, Birmingham, AL 35205 • 1st floor Boardroom
6PM to 7PM CDT

January 28, 2019	Starting a Healthier New Year
February 25, 2019	Exercise and Weight Loss
March 18, 2019	National Nutrition Month: Eat Right, Choose Right
April 22, 2019	Diabetes and Obesity
May 27, 2019	Holiday: No Meeting
June 24, 2019	Tips to Eating Healthy while on Vacation
July 22, 2019	Say No to "Head Hunger" after weight loss Surgery
August 26, 2019	"DEM BONES": Bone Health and Obesity
September 23, 2019	Panel Discussion
October 28, 2019	Behavioral Health and Bariatric Surgery
November 25, 2019	Recipe Swap for the Holidays
December 16, 2019	To Be Determined

LIVE WEBCASTS ON PERISCOPE

If you are unable to attend an in person meeting, you may view the meetings live via Periscope on your smart device, laptop or desk top computer. You must first download the Periscope app then create a screen name (other than your real name) and email blcox@uabmc.edu the information before the meeting date. The web based meetings are live, and you may search for "Bariatric Coordinator" or "UAB Fresh Beginnings" and request to follow the group. This is a closed group so you have to ask permission to join. In the event of technical difficulties beyond our control, please plan to watch or attend more than one support group meeting if you need credit for attending prior to surgery. The meetings are totally free and designed to support you during your weight loss journey. You are welcome each month to attend and invite others who are interested in learning more about Bariatric Surgery. Thanks!

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