

## 2020 FRESH BEGINNINGS SUPPORT GROUP MEETINGS

Meetings are held at the UAB Hospital-Highlands Campus. 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 Comprehensive Center 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 was also the first American College of Surgeons Level 1 Bariatric Surgery Center in Alabama.



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](http://uabmedicine.org/wayfinder)

Please visit the Bariatric Surgery website at [uabmedicine.org/bariatricsurgery](http://uabmedicine.org/bariatricsurgery) for more helpful information.

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## 2020 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 27, 2020	Exercise Taste of Mind
February 24, 2020	A Word from the Doc: A question and answer session with Dr. Stahl
March 23, 2020	Gastric Bypass vs. Sleeve Gastrectomy
April 27, 2020	Diabetes and Obesity
May 25, 2020	Holiday: No Meeting
June 22, 2020	Panel Discussion
July 27, 2020	Bone Health and Obesity
August 24, 2020	Skin Changes in the Obese Patient
September 28, 2020	Medications after weight loss surgery
October 26, 2020	Mindful Approach (Behavioral Health)
November 23, 2020	Portion Control and Recipe Swap
December 21, 2020	Fashion Show: Information will be sent via email. This event is for those who have had surgery.

### 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](mailto: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!

Brianna Ervin, Bariatric Coordinator  
[blcox@uabmc.edu](mailto:blcox@uabmc.edu) or 205-996-6984