

All the training you need to succeed

BARIATRIC BOOTCAMP

This half-day class is designed to help you better understand your bariatric procedure (bypass or sleeve) and how to maximize your weight loss after surgery.

Bootcamp Basics:

- ✓ ½ day program
- ✓ Tuesday, Aug. 30, 2011
- ✓ 12 PM – 4 PM
- ✓ 1st floor Auditorium at the Ashley River Tower on 25 Courtenay Drive
- ✓ \$40 fee due with registration, includes calorie controlled lunch, tastings and a binder of information of unspeakable value



We will focus our discussions on:

- ✓ A review of your new anatomy after bariatric surgery (bypass or sleeve)
- ✓ Tips on how to maximize the mechanics of your procedure
- ✓ The food groups, including hands-on measuring of appropriate portions, taste-testing and cooking tips
- ✓ Products we love, Grocery shopping, and eating out
- ✓ Exercise goals and realistic expectations
- ✓ Tools for monitoring long-term success

Returned form is consent for picture taking during class!

Registration Form:

\$40 due by Aug. 19, 2011 to hold your spot

Bootcamp is Aug. 30, 2011, 12 PM – 4 PM

Spouses and supporters are welcome but must register and pay the \$40 fee.

Return this form with your Check or Money Order made out to UMA (*sorry, no credit cards*) to:

Bariatric Surgery Program
Medical University of South Carolina
25 Courtenay Drive, Suite 7100A
MSC 290
Charleston, SC 29425-2900
Questions? Call (843)876-4867

Name:

Date of Birth:

Date of Surgery (leave blank if you are a supporter):

Type of Surgery (bypass, sleeve - leave blank if you are a supporter):

Current Weight:

Phone Number:

Email Address:

Concerns you want addressed in this program:
