

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am Nutrition Support Group 5:00-7:00 pm	2	3 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am	4	5
6	7	8 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am	9	10 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am	11	12
13 Nutrition Support 9:00-11:00 am Emotional Wellness 11:00 am -11:45 am Exercise Support 6:00-7:00 pm	14	15 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am	16	17 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am	18	19
20	21 Back On Track 9:00-11:00 am	22 Bariatric Orientation 8:00-10:00 am <i>AND</i> 6:00-8:00 pm Psychology Orientation 10:00-11:30 am <i>AND</i> 4:30-6:00 pm	23	24 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am	25	26
27	LAST MONDAY No support groups this month. Happy Holidays! See you in January	28	29 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am	30	31 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am	Notes: