

# Light for Life

Vol. 9, Issue 31

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## SUPPORT GROUP

The *Light For Life* support group meets from 6:00 to 8:00 pm the last Monday of every month at PVH-Café F.

**Sept 25th: Spouses and significant others, please come share your story.**

**October 30th: Weight regain**

**November 27th Open discussion**

**December 18th: Holiday Party**

PLEASE JOIN US

## Clothing Exchange

**You may now bring clothing that you have outgrown and would like to pass on to others to the support group.**

**Please put the clothing on the side tables and come early or stay late. No clothing can be left behind, so you must take home what ever you bring that others do not take.**

The hospital thrift store, *Unique Repeats*, at LeMay and Riverside is also a good place to take clothing that no longer fits.

## WHY SUPPORT GROUPS?

People come to support groups for lots of different reasons. There are those who are WLS investigators seeking information and the “real story”; anxious pre-op patients waiting for surgery; early post-op patients; long-term veteran patients coming to help others; patients who need to get back on track; friends and family members; volunteers and professionals.

Each person is there for a different reason. And each reason is as important as the next.

**Validation:** Prior to surgery is usually a time full of trepidation and questions. “Am I doing the right thing?” “Will I be ok?” “Will I succeed?” “Is it worth the risk?”

“What WLS is right for me?”

**Education:** Support groups provide more than just social and emotional support. They also provide an opportunity for learning. Guest speakers are often invited to educate, inform and provide a well-rounded foundation for long term success.

**Motivation:** As WLS patients, we sometimes feel alone and misunderstood in the real world. It is very important to surround ourselves with people who understand our decision to have WLS and what it is like to deal with the many physical, emotional and relationship changes that we experience throughout our journey. Support groups

are a place to find understanding, compassion and encouragement.

**Celebration:** As pounds come off, health is restored and dreams come true. Support group is a wonderful place to share these successes.

**Re-dedication:** Sometimes patients regain a few pounds and become discouraged. Support group is a great place to come back to get re-educated and re-motivated.

NCSA offers two support groups for their patients: *Life for Life* and *Living Positively after Bariatric Surgery*.

## CHANGING WEIGHS – NO MORE

The Changing Weighs support group is changing name and leadership. *Living Positively after Bariatric Surgery* will begin October 9th and will be facilitated by Dr. Betty Vanek.

We, along with Dr. Vanek, are very excited to be offering this unique support group. It will continue to be the same day and time and place.

We hope that our patients will take advantage of this wonderful opportunity. Dr. Vanek works very closely with us and will be giving some very exciting and provocative workshops.

Please see the enclosed brochure for details.

**BARIATRIC CENTER OF THE ROCKIES**

2121 East Harmony Road  
Suite 250 970-482-6456  
Fort Collins, Colorado 80528  
Address service requested

# WALK FROM OBESITY

Sunday, September 30, 2006 in cities across America, obesity sufferers and survivors will be joining forces and walking to raise money. This money will be dedicated to research, education, prevention and treatment of the life-threatening disease of obesity.

Whether you suffer from this disease or not, we hope you will join us. Many will be walking on behalf of those unable to do so because obesity has stolen their mobility, dignity and hope.

The ASBS Foundation's Walk from Obesity was established to give hope to those needing it most. Walkers raise money by asking friends, family and co-workers to sponsor them. In addition to walker income, funds are raised through sponsorship, matching gifts and corporate contributions, and other fundraising activities. The funds raised through this event will support the ASBS Foundation's educational mission by:

- Increasing research specifically for morbid obesity.
- Improving obesity awareness and reducing its associated discrimination
- Increasing public education about this disease
- Increasing professional education concerning effective treatments of the disease.

## DETAILS

**SEPTEMBER 30TH**

**8:00 a.m. – Registration**

**Near Pavilion \$25.00 (includes event t-shirt)**

**9:00 a.m.– One mile walk**

**DENVER CITY PARK**

**(Colorado Blvd and 17th Avenue)**

**Can also register on line @**

**[www.walkfromobesity.com](http://www.walkfromobesity.com)**

**or call Ashley Feaster**

**303-839-7273**