

Have You Had Bariatric Surgery?

If so, YOU ARE INVITED to

FINDING THE BALANCE AFTER WEIGHT LOSS SURGERY

This monthly support group provides a unique combination of physical assessment, professional guidance, and peer support in a medical environment.

- Optimize post-surgery weight loss, health & lifestyle changes
- Address your post-surgery nutrition, exercise, diet & medical concerns with help from Exercise Physiologists and Registered Dietitians as well as from peers who have had bariatric surgery
- Monitor body composition and metabolism each month using state-of-the-art device

WHEN? Monthly – 2nd Saturday of each month: 10:15AM-12:00 PM
(Measurements are done 10:15-10:45 AM)

RESERVATIONS AND QUESTIONS: (505) 314-2025

COST:

\$30 PER CLASS OR \$150/6 MONTHS

Free for those in SWENDO Group or ICC Programs

\$120 for 3 classes with 1 ICC (individual care coordinating) appointment



SOUTHWEST ENDOCRINOLOGY

WEIGHT MANAGEMENT CENTER

Dedicated To Safe And Effective Weight Control

505-314-2025

LOCATION:

SOUTHWEST ENDOCRINOLOGY WEIGHT
MANAGEMENT CENTER
5501 Jefferson NE, Suite 700,
Albuquerque, NM

**Live a life you love—
healthy & fit!**