

BETTER LIFE - BETTER LIFESTYLE



WEIGHT LOSS SURGERY SUPPORT GROUP

JOIN US NEXT MEETING: Tue 4th Aug 2015

2015

The Better Lifestyle support group is held each month on the last Tuesday of the Month. These group sessions will be available to all surgery patients who are seeking support in their weight loss journey. You will be able to talk to like-minded people in a supportive environment and share your weight-loss journey with those with similar goals and concerns to yourself.

Preceding Support Meeting:

Thanks to all who attended the June meeting. We went through a Trudy Williams nutrition booklet, discussed the difference between goals and intentions, and brainstormed ways to make exercise a realistic and even enjoyable part of weight management

*****Please note there is no July meeting (Jacques is at a workshop) – next meeting is the first week of August instead*****

Join us in August for another great meeting!

Next Meeting Time:

Date: 4th August 2015

Time: 6.30pm-8pm

Cost: \$15.00

Location: 169 Kelvin Grove Road,
Kelvin Grove 4069

RSVP: Better Life Centre,
Ph: 3353 5430
e: admin@betterlife.com.au

Topics for the Month:



Mindful Eating

Choose Healthier Meals,
Lifestyle Factors, Food
Choices



Emotional Eating –
Emotional connections to
foods.



Motivation-Reaching and
Maintaining Goals, Belief
Systems, Self Confidence
and Self Esteem

More about Dr. Jacques Rizk:

Bachelor of Behavioral Sciences, Honors in Applied Psychology, Doctor in Philosophy in Clinical Psychology (thesis was "Profiling Obesity: Four Distinct Subtypes of High-BMI Australians")

Learn more about this issue on Jacques' website:

<http://heartmatterspsychology.com/focus-areas/weight-eating/>