

BETTER LIFE - BETTER LIFESTYLE



MARCH BETTER LIFE- BETTER LIFESTYLE SUPPORT GROUP

TUESDAY 31st March 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.

2015

Preceding Meeting – February Support Meeting

Thank you to everyone who attended the first meeting for 2015! We had a great brainstorming session about what format people would like this year's meetings to be in (members liked the idea of a mixture of occasional guest speakers, informative videos, and the usual 'round table' free-topic format). We also shared success stories, spent some time discussing how people use their bands, and we each set new personal goals to work towards over the next month.

Please join us at 6:30pm on Tuesday 31st March for our next meeting - we'd love to see you there!

Dr. Jacques Rizk

Bachelor of Behavioral Sciences, Honors in Applied Psychology, Doctor in Philosophy in Clinical Psychology
Website: www.heartmatterspsychology.com Jacques completed his PhD "Profiling Obesity: Four Distinct Subtypes of High-BMI Australians" in June 2013.

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

Next Meeting

Date: 31st March 2015 Time: 6.30 pm-8pm

Cost: \$15.00

Location: 169 Kelvin Grove Road, Kelvin Grove 4069

RSVP: Better Life Centre, ph:3353 5430 or email: admin@betterlife.com.au