

# BETTER LIFE - BETTER LIFESTYLE



## OCTOBER BETTER LIFE- BETTER LIFESTYLE SUPPORT GROUP

TUESDAY 28<sup>TH</sup> OCTOBER 2014

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.

2014

### Preceding Meeting - September Support Meeting

Thank you to those who came along to September's meeting. For those of you who missed it, the theme was 'going back to basics'. We discovered as a group that all members had strayed in various forms from the original guidelines they were given at the time of surgery, and so we each made plans to reacquaint ourselves with the literature, tips and other resources that were initially helpful. We also checked out a great smartphone app called "Eat Slower", which can be used to help slow down the pace of eating. Another great resource we looked into was a recipe and information book by Sally Johnston, called "Your Complete Guide to Nutrition for Weight Loss Surgery" (available from <http://www.nutritionforweightlossurgery.com/>). The year is rocketing along – only two more meetings before the year is over. Looking forward to seeing you at the end of this month!

Dr. Jacques Rizk

Bachelor of Behavioral Sciences, Honors in Applied Psychology, Doctor in Philosophy in Clinical Psychology  
Website: [www.heartmatterspsychology.com](http://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: 28<sup>th</sup> October 2014 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](mailto:admin@betterlife.com.au)