

Support Group Minutes 11/8/18

- Roundtable Meeting
- Discussion surrounding upcoming meeting ideas
 - Possibly having Dr. Jassim attend meeting in March
 - Bowling outing
 - Meet at restaurant and have them cook for us (max \$20/person everyone was willing to pay)
- Ideas
 - Using protein powder for coffee creamer
 - Using Premier Protein for creamer
- Mary brought infused water to the meeting
 - Kiwi, strawberry, lime
 - Lemon, lime
 - There are MANY ideas for infused water. Here is one website to use:
<https://wellnessmama.com/3607/herb-fruit-infused-water/>
- Handouts for “Holiday Tips”
- Next month’s meeting will be on 12/13/18 and we will be meeting at Festival Foods (2250 W Mason St) at 6:30pm for a grocery store tour with tips geared toward the post-op bariatric patient
- The Jingle Bell Run is on December 1, 2018, Saturday 7:30 AM - 12:00 PM, UWGB Kress Event Center, 2358 Leon Bond Dr, Green Bay, Wisconsin 54311