


# Monthly Program Calendar November 2011

www.marylandweightmanagement.com

For Patients of Dr. von Rueden

Sun	Mon	Tue	Wed	Thu	Fri
		1 BYPASS SUPPORT GROUP 6:00 pm	2 Grocery Store Tour 4:30pm *****  DANCE & PUMP 6:00 pm	3	4  Office Closed
6	7  Bariatric Foodie Party—Breakfast Essentials 6:30pm.	8	9  DANCE & PUMP 6:00 pm	10	11  Office Closed
13	14	15  BAND & SLEEVE SUPPORT GROUP 6:00pm Community Room A	16 INFO SESSION 6:30pm Alagia Auditorium ***** DANCE & PUMP 6:00 pm	17	18  Office Closed
20	21	22	23	24  	25  Office Closed
<div style="background-color: #004d00; color: white; padding: 5px; text-align: center;">                 With us, it's not just a number on the scale!             </div>					
27	28	29	30 DANCE & PUMP 6:00 pm	EVENT DETAILS C	

## For Patients of Dr. von Rueden Only

### Monthly Program Calendar Event Details November 2011

Inclement Weather Policy: In the event of inclement weather, event cancellations will be communicated via email from [marylandwtmanagement@gmail.com](mailto:marylandwtmanagement@gmail.com). Please contact Liz Dumont at [Elizabeth.proctor@stagnes.org](mailto:Elizabeth.proctor@stagnes.org) or call the office at 410-368-3003 to be added to the email list.

- BARIATRIC FOODIE PARTY—BREAKFAST ESSENTIALS! Monday, November 7, 6:30pm. Visit [bariatricfoodie.blogspot.com](http://bariatricfoodie.blogspot.com) to sign up. Also cash or check at the door. Contact Ranesa at 410-368-8796 for further info.
- GASTRIC BAND AND SLEEVE SUPPORT GROUPS are offered monthly. Unless otherwise noted, they meet in the Alagia Auditorium at the Hospital from 6:00pm-7:00pm. November's group meets in Community Room A. Contact Ranesa McNally for questions or details at 410-368-8796.
- BYPASS SUPPORT GROUP is offered monthly. Unless otherwise noted, they meet in the Alagia Auditorium at the Hospital from 6:00pm-7:00pm. Contact Ranesa McNally for questions or details at 410-368-8796.
- DANCE & PUMP held each Wednesday at 6:00pm in the waiting room. DANCE & PUMP consists of 30 minutes of Zumba-inspired dance followed by 30 minutes of toning that will leave all of your muscles pumped. Please contact Liz Dumont at [Elizabeth.Proctor@stagnes.org](mailto:Elizabeth.Proctor@stagnes.org) or the office at 410-368-3003 for questions about the classes.
- GROCERY STORE TOUR—must sign up to attend! Store location provided upon sign up. Contact Sloane Mendelsohn at [nutritionfirstmd@gmail.com](mailto:nutritionfirstmd@gmail.com) or 410-368-3003.
- INFO SESSION is The Center for Metabolic Health and Weight Management presentation on all weight loss options offered through the program. This is the perfect venue to bring a friend or family member who is interested in learning more about our programs. For questions about the Info Session, please contact the office at 410-368-3003.