



# Monthly Program Calendar December 2011

www.marylandweightmanagement.com

**For Patients of Dr. von Rueden Only**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
<div style="background-color: #004d00; color: white; padding: 5px; text-align: center;">                     With us, it's not just a number on the scale!                 </div>					Office Closed	
4	5	6	7 INFO SESSION 6:30pm <i>Alagia Auditorium</i> .....	8	9 Office Closed	10
11	12	13  HOLIDAY PARTY 6:00pm Alagia Auditorium	14 DANCE & PUMP 6:00 pm	15	16 Office Closed	17
18	19	20	21	22	23 Office Closed	24
25 	26 Office Closed	27	28	29	30 Office Closed	31
<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <b>EVENT DETAILS ON BACK</b> </div>						





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### Monthly Program Calendar Event Details December 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. 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.
- 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.
- HOLIDAY PARTY! When: Tuesday, December 13, 6:00pm at the Alagia Auditorium. Come with your families and celebrate with us! Join us for holiday cheer and singing and dancing.

