



Mercy Medical Center is a Bariatric Surgery Center of Excellence designated by the American Society For Metabolic and Bariatric Surgery.

Mercy also received the 2008/2009 Bariatric Surgery Excellence Award™ from HealthGrades®, the nation's leading independent healthcare rating organization, with the highest rating in New York State. And Mercy is the only Bariatric Surgery program in Nassau County to receive the highest HealthGrades Five-Star rating.

Shawn Garber, MD, is the chief of Bariatric Surgery at Mercy Medical Center and Director of the New York Bariatric Group. He is the medical director of the Post Bariatric Facilitated Support Group.



## Mission Statement

Mercy Medical Center,  
a community hospital  
providing general services,  
strives to be faithful to the  
traditions of its founders by  
providing quality, compassionate  
care to the whole person

Mercy Medical Center is located  
south of Exit 19S off the Southern  
State Parkway



1000 North Village Avenue

PO Box 9024

Rockville Centre, NY 11571-9024

516-705-2525

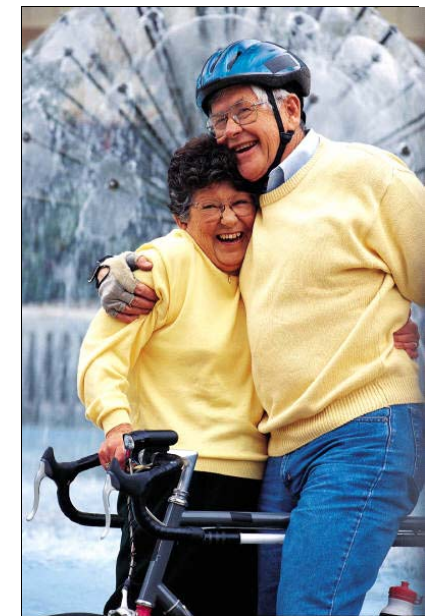
[MercyMedicalCenter.info](http://MercyMedicalCenter.info)

## MERCY MEDICAL CENTER

A MEMBER OF CATHOLIC HEALTH

SERVICES OF LONG ISLAND

## Post Bariatric Surgery Facilitated Support Group



**"Let's Keep It Off!"**



The Mercy Medical Center Post Bariatric Surgery Facilitated Support Group is a multi-disciplinary team of Health Care Professionals dedicated to providing guidance and support to the post bariatric individual.

Our team of professionals has a combined 30+ years of experience. Each discipline has the ability to provide their respective clinical expertise in assisting with the lifelong commitment and lifestyle modification changes the bariatric individual has chosen.

***Each Post Bariatric Surgery Facilitated Support Group program consists of:***

- Twelve meetings over a three month period
- A small group of participants
- A team of Professionals led by a Licensed Clinical Social Worker and supported by a Registered Dietitian and Certified Physical Therapist Assistant

***The Post Bariatric Surgery Facilitated Support Group focuses on:***

- Learning healthy behaviors to enhance and support a lifelong commitment to well-being.
- Developing skills to manage boredom, frustration, isolation and stress.
- Developing skills needed to prevent relapse into old eating patterns or reverse a relapse if it has already happened.
- Establishing and solidifying satisfying social relationships.
- Modifying your perception of food and exercise.
- Coping with the loss of food as comfort.
- Incorporating activity into your daily routine to develop:

*Enjoyable ways of increasing your level of activity*

*Techniques for overcoming a weight loss plateau*

*Techniques to improve endurance and flexibility*

*Techniques to improve muscle tone for a leaner appearance*



Each participant will develop a personalized recovery and relapse prevention plan by the conclusion of the group sessions

**For more information and registration,  
Call 516-62-MERCY  
(626-3729)**

**Sessions begin May 6, 2009  
Wednesday evenings  
7:00 pm – 8:30 pm  
12 sessions \$350**