

Dr. Bobby's September Bariatric Bulletin

We are happy to announce that our free bariatric exercise class will now be offered at the Eisenhower Medical Center's Renker Wellness Center for all of our patients.

Classes will be offered on Tuesday's from 6:15-7:15 am and Thursday's from 4:00- 5:00 pm. They will be taught by one of the personal trainers on staff at the facility.

Please reply to this email or contact our office to get your pass for these classes. Exercise classes will no longer be available in Palm Springs at Desert Regional Medical Center.

Support Group

September Support group will meet Monday September 12th, 6:30 pm at Eisenhower Medical Center in Rancho Mirage. Support group meets in the Annenburg Center for Health and Sciences and this month we will meet in the dining room. September's topic will be "Proteins Fats and Carbs, What to eat?"

[Dietitian's Blog](#)

Feature



Featured App

Freeletics is an app for both iPhone and Android phones. This app will give you workouts to do each day, along with a video to teach you to do the moves correctly. For extra fees you can sign up for meal plans tailored just for you.

[Check out the Site](#)



Featured Recipe

This high protein strawberry lemonade will cool you off during the final stretch of summer heat. Simply mix 1 scoop strawberry protein powder with 1 packet of crystal light and 8 oz ice cold water. Enjoy!

[Get the Recipe](#)



Featured Product

After surgery many people struggle to get in their 64 oz of fluid each day because they only tolerate ice cold water. Never drink warm water again with the hydroflask. Keep drinks cold for 24 hours and drinks warm up to 6 hours.

[Shop Now](#)