

Dr. Bobby's Bariatric Bulletin

Even if you're on the right track, you'll get run over if you just sit there. -Will Rogers

Support Group

September Meeting

This month's support group meeting will be Monday September 11th from 6:30-8:00pm. We will be welcoming Sharla Jesen, our certified personal trainer as the guest speaker. She will be discussing different ways to get up and get moving.



Support group welcomes all those working who've had or are working towards weight loss surgery and their support persons. We meet in the Annenberg Center for Health Sciences at Eisenhower Medical Center in Rancho Mirage, CA.

[Dietitian's Blog](#)

Feature



Featured App

Couch to 5k is an app that can get you from being a couch potato to running more than 3.1 miles at a time! In as little as 2 months, you can easily become a runner, without feeling too tired or out of shape. All it takes is 30 minutes three days a week.

[Get the App](#)

Featured Recipe

You can still have a root beer float after weight loss surgery. Add 4 oz Diet A&W Root Beer, 4 ice cubes and 2 scoops vanilla protein powder. Shake lightly. Enjoy! This recipe is best to try after 6 months post op. Carbonation can irritate a new pouch.

[Get Recipe](#)

Featured Product

After weight loss surgery, many patients suffer from diarrhea or constipation. A bariatric specific probiotic can help relieve those issues by improving the health of bacteria living in our digestive tract. These grape flavored chewables are delicious!

[Get the Product](#)

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