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## Dr. Bobby's Bariatric Bulletin

No matter how slow you go, you are still lapping everyone else on the couch!

### Support Group

#### April Meeting

This month's meeting will be Monday April 10th at 6:30 pm. Meetings are held at Eisenhower Medical Center in the Annenberg Center for Health Sciences in Rancho Mirage, CA. Support group is open to anyone who has had or is working towards weight loss surgery and their support persons.

This month's topic will be "Keeping the Weight Off with Psychological Adaptation" presented by guest speaker and psychotherapist Kimberley Yang. This session will tie together Adverse Childhood Experiences and the Act of Self-Compassion to maintain weight loss and improve quality of life for the long run.



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Sincerely,

Bobby Bhasker-Rao MD, FACS  
Bariatric Surgeon  
Lite Life Surgery