

"A truly strong person does not need the approval of others any more than a lion needs the approval of sheep." -Vernon Howard

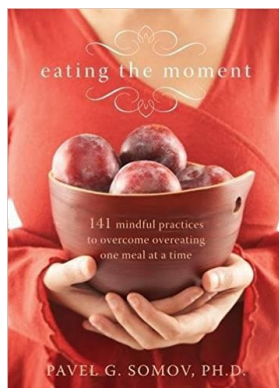
Support Group

May Support Group- Protein Potluck

Support group will meet Monday May 8th at 6:30 pm in the Annenberg Center for Health Sciences on the Eisenhower Medical Center campus in Rancho Mirage, CA. Support group is open to all pre-op, post-op weight loss surgery patients and their support persons. This month's topic will be protein. Please bring your favorite high protein recipe, or dish to share with others.



Feature



Featured Reading

"Eating The Moment" by Pavel Georgievich Somov offers 141 Practices to overcome overeating. Mindfulness activities are presented to help you listen to your body, understand why you're eating, and control your cravings if you're eating out of habit or because of your emotions.

[Buy the Book](#)



Featured Recipe

High protein peanut butter chocolate chips cookies? Yes please! These cookies have sugar in them, so just one or two is fine. But the extra protein will help fill you up, preventing you from wanting to eat the whole cookie jar!

[Get the Recipe](#)



Feature Product

Bariatric Advantage has developed their Bariatric Multivitamins in a new soft chewy bite. They come in two delicious flavors, strawberry watermelon and black cherry. They taste just like Starburst! They contain everything you need after weight loss surgery except iron and calcium.

[Purchase Vitamins](#)

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Sincerely,

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